

# Swim Squad Program

01 - 25 May 2017


	3:00 PM	4:00 PM
Sunday	Splash Time Swim Squad / Teenagers	Swim Squad - Group A (3 x per week)
Monday	Splash Time Swim Squad / Teenagers	Swim Squad - Group B (2 x per week)
Tuesday	Splash Time Swim Squad / Teenagers	Swim Squad - Group A (3 x per week)
Wednesday	Splash Time Swim Squad / Teenagers	Swim Squad - Group B (2 x per week)
Thursday	Splash Time Swim Squad / Teenagers	Swim Squad - Group A (3 x per week)
Saturday	Splash Time Swim Squad / Teenagers	Splash Time Girls Swimming

**Note:**

\* Classes and times are subject to change and availability.

\* During Ramadan, public holidays, summer months or other events occurring within Aspire Zone there may be an altered or suspended timetable.

\* The instructor may cancel a class or direct attendees to another class if the number of participants is insufficient.

\* ASPIRE ACTIVE Program and Timetables available at [www.aspire.qa/active](http://www.aspire.qa/active).  Us on Facebook at <https://www.facebook.com/AspireActive>

## SWIM SQUAD PROGRAM - CLASSES DESCRIPTIONS

<b>GIRLS SWIMMING</b>	The class is great for the girls as it is a combination of swimming and games.
<b>SPLASH TIME</b>	Make sure to use the pool at your own leisure to swim laps! Swimming is a good all-round activity because it keeps your heart rate up but takes some of the impact stress off your body, builds endurance, muscle strength and cardiovascular fitness.
<b>SWIM SQUAD</b>	The classes are part of Teen Fitness program. Focus on exercises which increase heart rate, work specific muscle groups.

## **WATER CONFIDENCE ASSESSMENT**

### **Why do we have to test you?**

Due to swimming pool depth and to ensure your safety, those who wish to enroll in aquatics classes are tested to determine current aquatic skills.

### **Testing is based on the following criteria:**

- \* Confident entry into the water.
- \* Ability to float comfortably on front or back.
- \* Ability to swim 25 m confidently.
- \* Confident whilst submerged under water.

Testing will be evaluated individually. The decision of the instructor will remain final.

### **Booking your Test:**

To sign up, contact: ASPIRE ACTIVE Aquatics Reception:

Women's Aquatics Tel. No. 4413-6485

7:00 - 11:00 AM then 3:00 - 8:00 PM / Sunday - Thursday

8:00 - 11:00 then 3:00 - 8:00 PM / Saturday