

Participant's full Name

D.O.B (if under 18) Male/Female

Parent/Caregiver name

Postal address

(include suburb & postcode)

Home phone number Work

Cell phone Email

Medical Information (e.g. Asthma, Diabetes, Disability or Special Needs)
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H²O Xtream encourages people with a disability to participate with their peers in an inclusive environment.

Class for Term

Preferred day and time

Credit card no Expiry date

Name on card

PLEASE NOTE: PAYMENT IS REQUIRED AT TIME OF BOOKING.
Pay for your booking with your credit card by fax. Simply fax us a copy of this application form with your Visa or MasterCard details.

Please note that prices are subject to change until booking has been paid in full. All bookings are accepted on the basis that you, the customer, pay the GST on all charges and any prices quoted are subject to any change in the GST rate. The GST payable is calculated at the prevailing rate on the date your tax invoice is generated or the date you pay, whichever is the earlier.

Note: If you require a refund a medical certificate must be supplied and a \$5.00 administration fee will be charged.
 If you require a transfer to another term, a \$5.00 administration fee will be charged per person.
 If bookings for a class are less than three we retain the right to cancel that class.

OFFICE USE ONLY	
AMOUNT DUE	\$33.00 (3 Beginner or Breathing Plus lessons)
	\$30.00 (3 per family discount for Beginner or Breathing Plus lessons)
	\$36.00 (Adult Swim Fit 60 min—3 lessons)
	\$45.00 (Adult Swim Fit 90 min—3 lessons)
	\$60.00 (Adult Swim Fit 60 min—5 lessons @ Stokes Valley Pool)
	\$67.50 (Adult Swim Fit (three times a week)
PAYMENT MADE.....RECEIVED BY.....DATE.....	



Tel: 04 527 2113 | Fax: 04 528 8938
 Cnr. Blenheim and Brown Streets
 Private Bag 907 Upper Hutt
www.h2oxtream.com



ADULT SWIM PROGRAMMES



Adult Swim Programmes

- Classes for non-confident beginner to confident swimmers
- Structured programme with experienced instructors
- Lessons run during the school term
- Fitness Session
- A comprehensive training programme for recreational triathletes and anyone interested in having a go
- Adaptive strokes for people with disabilities

Beginner

Wednesday 14 - 28 March, 7.30pm, 30mins, H²O Xtream
 This course aims to build water confidence and to teach the basic swimming skills.

Breathing Plus

Wednesday 14 - 28 March, 8pm, 30mins, H²O Xtream
 This course is for adults who can swim but have problems with their breathing technique.
 Develops breathing skills and style, as well as developing other strokes.

Adult Swim Fit

Tuesday 7 February - 6 March, 7pm, 60 mins, Stokes Valley Pool
Wednesday 14 - 28 March, 7.30pm, 60 mins, H²O Xtream
Saturday 17 - 31 March, 7am, 60 or 90 mins, H²O Xtream
 This course is for adults who can swim and want to improve their fitness.
 Also involves stroke corrections and endurance training.
 Motivation and goal setting.
 Creating a personal training programme (cross training).

Private lessons and coaching are also available by appointment.

Please also see the Women Only Swim Night brochure.

*We will start taking bookings for new clients
 from Monday 19 December 2011*

get set to get wet

Adult Swim Fit (three times a week), \$67.50, 3 weeks, H²O Xstream

Book into Wednesday Swim Fit or Saturday Swim Fit and get an additional two swimming sessions. Choose from:

- **Monday 6 - 7am**
- **Tuesday 6 - 7pm or 6 - 7.30pm**
- **Saturday 7 - 8am or 7 - 8.30am**
- **Wednesday 6 - 7am**
- **Thursday 6 - 7pm or 6 - 7.30pm**

Sessions run all year round apart from public holidays.

Entry to H²O Xstream for morning sessions:

Monday and Wednesday at 6am through the front door where you need to present your Adult Swim Fit members card and pay for your session. Saturday through the side door located on the right hand side from our main entrance door at 6.45am.

Conditions:

- WaveBreakers Adult Swim Fit members only booked once or twice a week can join the morning sessions for a cost of \$6.00 per session.
- WaveBreakers Adult Swim Fit members booked in three times a week get morning training sessions for no cost.
- Attendance records will be kept.

Leaving H²O Xstream after the Saturday morning session:

Pass reception where you need to present your Adult Swim Fit members card and pay for your session.

Concession cards available:

You can purchase a concession card for 10 morning sessions for \$55.

Coach Profiles

Mike Kay



Mike has been coaching since the early 1980's. Initially he was involved in coaching runners at club level but moved on to coach provincial, national and international levels. He also worked closely with the late Arthur Lydiard to fine-tune his training programme which applies to all aerobic-based sports.

Mike is the Head Coach at H²O Xstream and his knowledge of athlete training methodology is based on a simple, but very effective, system that builds fitness in empathy with the human body.

Mike's main focus is teaching swimming for children to develop appropriately and achieve happily in WaveBreakers Swim School. He has gained an expertise in the age and stage appropriate method of learning the skill and importance of the physical development of individual pupils.

He is senior coach for the WaveBreakers Squad, which offers a developmental pathway to quality competitive swimming and has produced some fine athletes who are now training and competing at elite levels.

Over the last ten years Mike has coached triathletes at beginning and national level and has gained swim teaching qualifications. As part of ongoing professional development he has attended coaching courses and conferences relating to competitive swimming.

Brian Newth



Brian grew up in Whitemans Valley, attended Upper Hutt Primary school and Heretaunga College. Here he excelled at both athletics and swimming, becoming the school champion in both sports as a senior.

He continued with athletics and in the 1970's he qualified for the Commonwealth Games for the 3000m Steeple Chase, but ended up injured and was forced to switch sports. He then took up Modern Pentathlon, an Olympic discipline where five sports must be contested. This was show jumping, fencing, pistol shooting, swimming and running.

Over the next 5 years Brian competed numerous times overseas and competed in three World Championships, the 1980 Olympics where he was also Olympic flag bearer.

Brian is a fully qualified Swim Instructor with WaveBreakers Swim School and is involved in teaching all levels of swimming including schools.

Rhiann Collins



Rhiann moved to Upper Hutt in July 2009 from UK. She studied Finance and Business Studies at College followed by 10 years service in the British Army. She left the Army in 1999 to start a family and it was through teaching her own children to swim she became interested in training as a swimming instructor.

Rhiann is a fully qualified UK ASA Swim Instructor and holds the following : ASA Level 1 Certificate for Teaching Swimming (July 2006).

ASA/UKCC Level 2 Certificate of Teaching Aquatics, this two week intensive course covered Health & Safety, Principles of Teaching, Sports Science, Swimming Technique and Training Preparation (April 2008).

She has also attended Professional Development courses in teaching Water Polo, Diving and Synchronised swimming (March/April 2009).

Since first qualifying as an instructor she has regularly taught/coached at a number of Swim Schools/Swim Clubs in Cyprus, UK and NZ. She has been employed at H²O Xstream since her arrival in NZ and has been instructing in various areas of the WaveBreakers swim programme including School Age, Preschool, Adult Learners and Improvers, Water Safety and Squad Coaching. In her own time she has assisted Trentham School with their swim programme by providing a range of Learn to Swim and Water Safety lessons. Last year she also ran successful swimming extension programme for the senior school pupils. She is currently working to further develop her coaching skills under the guidance of the coaches at Breakers Upper Hutt Swim Club.

Ian Blake



Ian has been instructing for 13 years at WaveBreakers Swim School. He is a fully qualified Swim Instructor having a great deal of expertise in Water Safety delivering both theory and practical.

Ian has been active in all levels of teaching swimming to young people. He has been involved with WaveBreakers Pre School, School age, Level 1 Squad as well as Primary and Intermediate Schools and Water Safety at all levels.