



SWIMMING & swim school

Timings 7am to 9.30pm.

Three swimming pools

KIDDIES POOL: 1.5ft deep.

WADING POOL: 3.5ft to 4 ft deep.

LAP POOL: 7ft deep and 25m long.

Swimming pool guest entry

Rs. 90 + taxes weekdays adults

Rs. 110 + taxes weekends adult

Rs. 30 + taxes weekdays child

Rs. 40 + taxes weekends child

Rules & Regulations

1. Timings 7:00 am to 9:30 p.m.
2. Children below 14 yr old will be allowed to use the lap pool only till 7:00 p.m.
3. Members must present their membership card when requested by The Club officials
4. Members should register their name at the pool desk before commencing their game
5. Swimming is at members' risk. The club management is not responsible for any mishap, or loss of life, or any belongings
6. Depth of the pool lap pool: 7 ft
Wading pool: 3 ft
Baby pool: 1.5 ft
7. A shower is compulsory for everyone before entering a pool
8. A swimming cap is compulsory for all having hair at shoulder length and below. Swimming caps are available for sale at the Health Zone reception
9. Proper swim wear is compulsory. Any other type of clothing shall not be allowed
10. All valuables to be kept in lockers provided either in the cabanas or the Health Zone changing area

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The Club
Mumbai

11. Persons suffering from any skin disease, external injuries or any other infections are prohibited from using any pool
12. Eatables are not allowed inside the swimming pools
13. Members will not be allowed to use coaching facilities from any other coaches except those on The Club's panel

Swimming Coaching is available for members and their guests. A limited number of guests are allowed to receive coaching at the club. Mr. Anand Pardeshi, 9223286065, is the head coach. Swimming coaching for guests is allowed only with a member's reference and before joining, an introduction with the Health Zone Manager is compulsory. No maids/ hired help are allowed along with non-members. Only a parent shall be allowed with a guest's child, for whom the club guest entry shall be chargeable at actuals.

Coaching is available at three levels - beginners, advanced & competitive. A total of 20 children can be taken for competitive coaching - 10 members & 10 non-members. A deposit of Rs. 10,000/- is taken from non-members for a period of one year, which is non-refundable in case a child leaves coaching before the period of one year is complete. The Club pays the entry fees for all competitions that these students participate in.

Beginners (crawl stroke), Level 1 (45 Min Session)

Age 3.5 years onwards:

1. Walking in the water or climbing stairs in the water
2. Jumping in the water with coach
3. Kicking in the water with help of coach
4. Superman jump or floating
5. Breathing
6. Sitting on the steps and making hand movements
7. Moving hands/ legs with head down with the help of coach
8. Swimming individually - shorter distance (1 - 5 metres)
9. Swimming long distance (5 to 10 metres) in 1 breath
10. Swimming the whole breadth with jumping in the lap deep pool

Beginners (crawl stroke), Level 2 (45 Min Session)

Age 3.1/2 years onwards:

1. Correcting the crawl strokes, drill of strokes
2. Kicking with the help of a kick board
3. Pull strokes
4. Back stroke (floating)
5. Back stroke kicking
6. Push - n - go back stroke
7. Proper back stroke

Beginners

Rs. 3000/- + Taxes (Members Child/ Adult)

Rs. 4000/- + Taxes (Non-member Child) + 24 x club adult guest entry

Rs. 5200/- + Taxes (Non-member Adult)

Days & Timings

Monday to Fridays

6:15 a.m. to 7:00 a.m.

5:15 p.m. to 6:00 p.m.

6:00 p.m. to 6:45 p.m.

8:30 p.m. to 9:15 p.m. (Adults only)

Saturdays & Sundays

8:30 a.m. to 9:15 a.m.

9:45 a.m. to 10:00 a.m.

Advanced (1 Hour Session), Age 5yrs and above

1. More correction & rectification of crawl stroke back stroke
2. Diving (beginners & advance)
3. Introduction of butterfly and breast strokes
4. Techniques of all four strokes
5. Making swimmers swim in lap deep pool (length wise)

Advanced

Rs. 3200/- + Taxes (Member's Child/ Adult)

Rs. 4400/- + Taxes (Non-member Child)

Rs. 5600/- + Taxes (Non-member Adult)

Days & Timings

Monday to Fridays

6:15 a.m. to 7:00 a.m.

5:15 p.m. to 6:00 p.m.

6:00 p.m. to 6:45 p.m.

8:30 p.m. to 9:15 p.m. (Adults only)

Saturdays & Sundays

8:30 a.m. to 9:15 a.m.

9:45 a.m. to 10:00 a.m.

Competitive (105 Min Session), No age group

1. Dry land exercises with running
2. Endurance training
3. Individual medley workout (all 4 strokes)
4. Training towards competition
5. Mental preparation towards competition
6. Teaching the official turns, starts at the competition
7. Taking part in different competitions from school or club, representing the club
8. Approaching from district level onwards

Competitive

Rs. 2500/- + Taxes (Members)

Rs. 3000/- + Taxes (Non Members) + only one time deposit of Rs.10,000/-

Days & Timings

Monday to Fridays

6.45 pm to 8.30 pm

Sundays

7 am to 8.30 am

Personal Coaching

Age 3.1/2 years onwards. (Contact coach for timings)

Personal

Rs. 5500/- + Taxes (Members Child/Adult)

Rs. 6700/- + Taxes (Non member Child) + 24 x club adult guest entry.

Rs. 7900/- + Taxes (Non member Adult)