

## SWIMMERS BORN AND BRED!

'Andrew Baildon's SUPERFISH Swim Schools' was established by Andrew and Karen Baildon in 1996. Andrew, the renowned Australian and International Swimming Champion and Karen, a top national level swimmer and daughter of the legendary dual Olympic Swimming Gold Medallist, World Record Holder and Commonwealth Champion Michael Wenden - were literally born into the world of swimming.

Together, their vast experience and wealth of knowledge gives them a rare insight into all aspects of swimming development and the expertise to develop training progressions at the very forefront of the industry. With a young family of their own, they continue their passion for their sport, striving to provide the very best aquatic facilities for children and adults alike.

### Andrew Baildon's Career Highlights

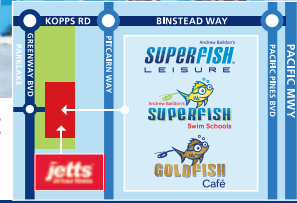
- 5 x Commonwealth Games Gold Medallist
- Multi Commonwealth Games Record Holder
- 2 x Australian Team Captain
- Australian Olympic Representative
- Olympic Finalist at 2 Olympic Games
- World No.1 100m Butterfly (SC)
- First man in the Commonwealth to break the 50 second barrier for the 100m Freestyle
- Multi International and National Title Holder
- Australian Team Representative for over a decade
- Ranked in the top twenty swimmers in the world for over a decade
- Awarded the Australian Sports Medal for his service to sport
- Channel 7 Expert Swimming Commentator for the 2000 Sydney Olympic Games
- Bachelor of Commerce (Business) - Bond University



### Pacific Pines Gold Coast



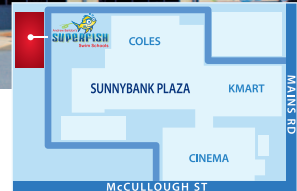
**SWIM SCHOOL • JETTS FITNESS • CAFE**  
1 Greenway Bvd Pacific Pines QLD 4210  
PH: 5529 4343



### Sunnybank Brisbane



**SWIM SCHOOL • CAFE**  
Sunnybank Plaza, Cnr Mains Rd & McCullough St  
Sunnybank QLD 4109 PH: 3323 3188



### Ashmore Gold Coast COMING 2011



**Royal Life Saving**  
THE ROYAL LIFE SAVING SOCIETY AUSTRALIA



[www.superfishswimschools.com.au](http://www.superfishswimschools.com.au)

Andrew Baildon's  
**SUPERFISH**  
LEISURE

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t/as Andrew Baildon's SUPERFISH Leisure,  
Andrew Baildon's SUPERFISH Swim Schools,  
Goldfish Café and Jetts Fitness Pacific Pines.  
PO Box 196 Ashmore City QLD 4214



Teach Your Child to Swim the RIGHT Way!

## OUR WINNING COMBINATION...

### Great Teaching Staff

Our teaching staff are fully qualified and trained to the highest level. They are hand picked, usually with a competitive swimming background. All staff at our centres must have these minimum qualifications:

- Austswim Australia
- Royal Life Saving Association Resuscitation Certificate
- Blue Card

Many staff are also Level 1 and 2 Coaches - Queensland Professional Swim Teachers Association and Royal Life Saving Association of Australia Level 1 Examiner Certified. Once selected as a teacher within our centre, staff participate in ongoing extensive in-house training workshops. We are proud to say that we have one of the most comprehensive internal teaching programs throughout Australia.

All of our team conduct lessons in full uniform. They are kind, experienced and committed to upholding the highest level of teaching.

### Exceptional Service

It's our way of saying how much we value you and your family. Our staff are dedicated to serving your every need, making your time with us an enjoyable and friendly experience. Your comfort and satisfaction are our priority.

### Fantastic Facilities

Andrew Baildon's SUPERFISH Swim Schools pools are totally indoor and heated to an average of 31.5°, offering your family year round swimming facilities. The pools are specifically designed for teaching and coaching. We also provide comfortable, heated change facilities, parent viewing area/grandstand, children's enclosed play area with TV/Video and café.

### Impeccable Standards

We pride ourselves on our water quality.

Clean, warm water provides an ideal teaching environment for all students. The pools are water quality tested 3 times daily plus water purification systems are installed.

**Drowning is the no. 1 killer of children under 5.**

**Teach your child to swim the right way - call an Andrew Baildon's SUPERFISH Swim School today!**

**PACIFIC PINES GOLD COAST CALL: 5529 4343**

**SUNNYBANK BRISBANE CALL: 3323 3188**

**Swimming is a fantastic sport for keeping kids fit!**



### dippas

A 3 level water awareness and drowning prevention program, specifically designed for infants and toddlers. **The goal of these classes is to give your child a high degree of WATER AWARENESS** through constant repetition of exercises in classes over a consistent period of time. **We recommend 2 LESSONS PER WEEK for your child to learn a high level of water safety awareness.** These classes are an education for both infants and parents alike.

#### D1: Babies 4 > 15 Mths 30 MINS

Classes have set routines and songs to encourage and give confidence to babies. Breath control, survival skills, reflex action and floating drills are the focus of this class, teaching your babies life saving skills.

#### D2: Toddlers 15 Mths > 3 Yrs 30 MINS

Because of an increasing physical ability and mobility, toddlers start to experience a broader range of activities and drills. Similar to D1 classes, we teach breath control, survival skills, reflex action and floating drills.

#### D3: 18 Mths > 3 Yrs Advanced 30 MINS

Toddlers are now quite advanced with their water confidence, floating and reflex action skills but still need Mum or Dad to lend a hand. This level is designed to challenge toddlers, learning new important drills to prepare them for our Flippa's Program while slowing weaning Mum and Dad out of the class.



### Flippas

A 2 level Water Safety and Learning to Swim with Confidence Program with the focus is on **WATER AWARENESS**. Once a level of independent water awareness is attained we can combine this with learning correct, basic swimming drills. Children are encouraged to achieve these water awareness and swimming skills through repetitions over a consistent period of time. For optimum results **we recommend 2 LESSONS PER WEEK**.

#### F1: Independent Water Safety 2.5 Yrs+ 30 MINS

The most important step for our F1 swimmers is to achieve shallow water confidence and water awareness. Children will learn breath control, floating, long arm under water paddles, streamline kicking, kicking on a board, submersion drills, reflex action and survival skills.

#### F2: Advanced Water Safety Confidence 3 Yrs+ 30 MINS

F2 children will learn deep water confidence and deep water awareness. Children will learn correct head and body positions, long arm under water paddles, streamline kicking sills, concentrating on length and strength of stroke. We teach lots of kicking drills, to develop a very strong "motor" for both freestyle and backstroke.



### nippas

A 5 level program covers Basic Learn to Swim through to Advanced Stroke Correction. We invest time to learn the basics of swimming, then focus heavily on the importance of perfecting stroke techniques before attempting to swim longer distances.

#### N1: Learn to Swim with Confidence & Basic Technique 30 MINS

Comfortable, well balanced head and body positions are taught - vitally important in freestyle and backstroke. Focus is also on short distance drills to achieve straight arm, superstretch freestyle and backstroke, kicking drills and advanced deep water awareness activities. Breaststroke Kick is also introduced.

#### N2: Swimming Techniques with Different Strokes 30 MINS

Correct side breathing technique in freestyle is now taught and now that children have perfected a streamline head and body position we look for length and strength in freestyle arms and a very strong kicking leg action. We introduce more backstroke drills and breaststroke kick. We still perform short distance lessons that focus on perfecting technique.

#### N3: Stroke Technique Correction & Advanced Learn To Swim 30 MINS

Now swimming freestyle and backstroke with efficient stroke technique, we introduce longer distances and more advanced drill work. Breaststroke stroke and kick co-ordination are perfected and butterfly kick introduced. Focus on maintaining an excellent stroke technique while completing longer distances.

#### N4: Advanced Stroke Technique Correction 45 MINS

With a good foundation in freestyle, backstroke and breaststroke techniques, we introduce advanced stroke technique drills. Butterfly skills and drills are developed while race dives, turns and push offs are further advanced.

#### N5: Prep Squad 60 MINS

Whilst still developing stroke techniques in all four strokes, we introduce a "keyhole" butterfly stroke pattern. Race dives, turns and push offs are perfected and timed and clock sets are taught to understand squad work. We now see children who have a consistent stroke over long distances.



### squads

#### Advanced Stroke Techniques, Correct Training Techniques & Endurance Training

90 MINS

This is our most advanced level of instruction taught at our schools. These children are now training at a competitive level for school, regional and state level swimming.

For optimum results for the level of ability swimmers have now reached, squad swimmers are advised to train at recommended number of sessions per week, outlined by squad coach and in the Andrew Baildon's SUPERFISH Swim Schools' Squad Information Brochure.



### adults

#### Personal Training:

Custom tailored one-on-one tuition.

#### Lap Swimming:

Available 6 days a week (for adults and children). Enjoy swimming in our year round, indoor heated pools. No bookings are required! Just come along!

#### Adult Squads:

Improve your fitness, have fun and meet people. All fitness standards are catered for within our fantastic programs, with our qualified coaches.

#### Aqua Aerobics:

A fantastic cardiovascular workout, lose weight, body fat and gain strength while the warm water relaxes you and increases circulation.

Timetables online.

Andrew Baildon's  
**SUPERFISH**  
Swim Schools

[www.superfishswimschools.com.au](http://www.superfishswimschools.com.au)

PLUS Kindergarten/Professional Schools Programs & fun children's parties

### Endorsements

The programs offered at Andrew Baildon's SUPERFISH Swim Schools are recognised as being among the best in Australia, by some of the most respected authorities in the world of swimming. One of the world's most decorated swimmers, World Champion and dual Olympic Medallist, Susie O'Neill, and expert stroke technician, Australian Coach of the Year and Olympic Coach Denis Cotterell, both fully endorse Andrew Baildon's SUPERFISH Swim Schools' swimming programs. Our centres are also certified by Swim Australia and Austswim.

**Come along to observe or trial a session on an obligation free basis.**