



John Paul College
ROTORUA | NEW ZEALAND

INTERNATIONAL PROGRAMME PREMIER OPTIONS

SWIMMING



Programme:

High performance and internationally rated outcomes are offered at Rotorua's centrally based Aquatic Centre. What makes this facility quite unique is that the complex makes use of the local geothermal currents to heat the pool water. The Centre boasts an indoor 25 metre pool, and an outdoor 8 lane 50 metre pool and hot spa pools. The programme can be individually tailored to suit tri-athletes, water polo players, serious competitive swimmers and keep-fit enthusiasts. Up to nine workouts per week are available, and Race Nights and local competitions are a common feature of the programme.

Coaching

International coach, Alastair Johnson, leads the programme and has a wealth of experience with New Zealand, Scottish and English National Teams,

Cost

\$140 a month ensures 20 hours of quality coaching per week. Competing at local events is an extra cost. Many of these related travelling costs can be shared by clubbing together with other fellow swimmers and their families.

Additional Information

Besides the conventional swimming training, many of the JPC swimmers also join the water polo and underwater hockey teams which are included in the interschool leagues.

The JPC water polo teams regularly top the National Division Two, and individual students are often included in the national squads.

A useful website to find out more information is www.sportsground.co.nz/swimrotorua.

www.jpc.co.nz

*Nurturing Excellence
while on
Adventure*