

LEARN TO SWIM

CLASS LEVELS

CLASSES ARE HELD SEVEN DAYS A WEEK

(30 minute classes)

- Lessons available from 6 months old to adults.
- Classes run from 8.30am and 3.30pm Monday to Friday, 7.30am Saturday and 9.00am Sunday.
- Group Classes – capped numbers.
- Private Classes – ratio of one teacher to one swimmer.
- Semi Private Classes – ratio of one teacher to two swimmers.
- Children over 3 years old are individually assessed and allocated to an appropriate class.
- Indoor teaching pool, heated to 31°C.

HOLIDAY SWIMMING BLOCKS

(please see insert for dates and pricing)

- Enrolment is for every day of the five day block.
- 30 minute classes.
- Sea Stars to Dolphins (no infant classes).
- Classes will run subject to sufficient numbers.
- No refunds or make ups for holiday blocks.

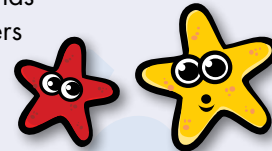
Contact the Swim School office on
(07) 3324 9391

INFANT CLASSES

(parent involved)

- 6-12 months
- 12-18 months
- 18-24 months
- 24-30 months

Baby Water Awareness
Toddler Turtles
Piranhas
Oysters



TRANSITIONAL CLASSES

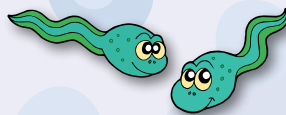
(parent optional)

- 30-36 months

Sea Urchins

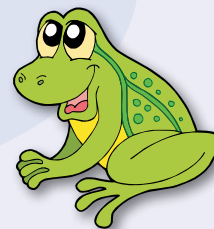
FORMAL LEARNING CLASSES

Sea Stars – Focusing on kicking, placing face in water, blowing bubbles, floating on front and back and submerging. Introducing overwater recovery of arms, water safety and survival techniques.

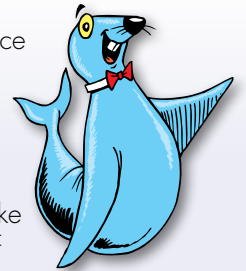


Tadpoles – Learning to streamline with correct head position. Developing freestyle arms with board and introducing breathing patterns. Development of backstroke kick with board and introduction of backstroke arms. Continuing to reinforce concepts of water safety.

Frogs – Developing coordinated freestyle arms and breathing patterns whilst focusing on bi-lateral breathing. Coordinating backstroke arms with kick. Introducing both breaststroke and butterfly kicks. Reinforcing concept of streamlining.

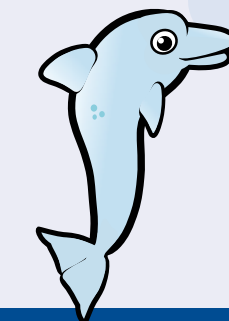


Sea Lions – Progressing in distance for both freestyle and backstroke, swimming 12.5m without aid and 25m with aid. Introducing freestyle and backstroke drills. Further development of breaststroke and butterfly kicks. Introduction of breaststroke arm patterns.



Beavers – Extending freestyle and backstroke distances to 25m without aid. Breaststroke kicking up to 25m with aid. Butterfly kicking up to 12.5m without aid. Developing co-ordination of breaststroke arms, kicking and breathing. Introduction of butterfly arms.

Otters – Developing drills for all four strokes. Introduction of sculling techniques. Breaststroke and butterfly kicking up to 25m without aid. Developing co-ordination of butterfly arms, kicking and breathing. Reinforcing concept of streamlining off the wall.



Dolphins – Introduction of diving techniques and of starts, turns and finishes. Understanding of drills in all four strokes. Working on distance in preparation for Mini Squad.