Class & Squad Overviews

Preschool Learn to Swim
These classes are for preschool children aged three years and over. They are designed to encourage children to learn basic water familiarisation, using floating and submerging activities and kicking. Details:

• Term based program
• Set days and times
• 1:4 teacher to Student
• 30 minute lessons
• Recommended 1-2 sessions per week

Learn to Swim Level 1
This Program is designed to teach students to swim by a series of levels starting with basic water familiarisation, floatation, submersion, breathing, and propulsion. Details:

• Term based program
• Set days & times
• 1:4 teacher to student
• 30 minute lessons
• Recommended 1-2 sessions per week

Learn to Swim Level 2
The program continues on from Level 1 plus adds in fundamental stroke and breathing patterns for freestyle and backstroke. Details:

• Term based program
• Set days and times
• 1:4 teacher to student
• 30 minute lessons
• Recommended 1-2 sessions per week
**Stroke Development**  
The focus of this class is stroke development, relaxed breathing patterns and the introduction of breaststroke and butterfly. We use a combination of aquatic movement patterns, stroke drills and sequences to help develop sound swimming strokes. Details:

- Term based program
- Set days and times
- 1:6 teacher to student
- 30 minute lessons
- Recommended 1-2 sessions per week

**Mini Squad**  
This squad is for swimmers interested in competitive swimming. The program focuses on three areas which include: stroke development, basic skill development, and general fitness. We use a combination of aquatic movement patterns, stroke drills and sequences across all 4 swimming strokes. Details:

- Term based program
- Set days and times
- 1:15 coach to swimmer
- 45 minute lessons
- Recommended 2-3 sessions per week

**Bronze Squad**  
This squad is for swimmers who would like to compete in swimming competitions. The program focuses on three areas which include: stroke development, intermediate skill development, and general fitness. We use a combination of aquatic movement patterns, stroke drills and sequences across all four swimming strokes. Details:

- Term based program
- Set days and times
- 1:15 coach to swimmer
- 60 minute sessions
- 3 - 4 sessions per week
Silver Squad This squad is for more advanced age group swimmers who are competitive. The program focuses on three areas which include: stroke development, intermediate skill development, and general fitness. We use a combination of aquatic movement patterns, stroke drills and sequences across all four swimming strokes. Details:

• Term based program

• Set days and times

• 1:15 coach to swimmer

• 60 minute sessions

• 3 - 5 sessions per week
**Blue Squad** This squad is for swimmers age 12 years and over whom swimming for general fitness and school competition. The focus is on stroke correction and fitness. As a prerequisite swimmers must be able to swim 200 metres freestyle in under four minutes. Details:

- Term based program
- Flexible days and times
- 1:15 coach to swimmer
- 60 minute lessons
- 2 - 5 sessions per week
- Term payment.