






Safer Start

Baby Swim Program: Discover how swimming can make you and your child safer, and help with their milestone development, not only physically but also socially and emotionally. Parent or guardian is in the water with child.

	BABY SPLASH 3–6 months	30 mins	In our free baby splash class, you'll share precious moments with your bub that will give you both the confidence to enjoy water at the pool and at home.
	DISCOVERY 1 4–12 months	30 mins	We introduce skill-based water play to you and your little one. This concept will form an important role in the development of your baby's water confidence.
	DISCOVERY 2 12–36 months	30 mins	Fun kicking and paddling activities are a crucial part of this lesson, where your baby also learns safety skills and begins to feel confident going underwater.
	DISCOVERY 3 18–36 months	30 mins	This level prepares your child to be comfortable and independent in the water, so they're ready to swim without a parent.





New Start

Introduction Program: This program is developed specially for children who are 3 years or older, but have not had lessons previously and aims to leave them feeling relaxed and confident in the water. Child is in the water without parent or guardian.

	NEW START From 3 years	30 mins	If your child is 3 years or older but hasn't had swimming lessons previously, this class will teach your child the basics of independent swimming, learning floating and movement to 'go it alone' in the water.
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Safer Kids

Development Program: Our program is created to make learning to swim FUN, whilst understanding the importance of remaining safer in and around all water environments.

	LEARNER 1 3+ years	30 mins	Your independent swimmer will continue practising their paddling skills and gain competence in safety skills, including back floating.
	LEARNER 2 3+ years	30 mins	This level teaches your child to streamline float and kick in the front and back position.
	INTERMEDIATE 1 4+ years	30 mins	Now we've got floating and kicking perfected, we help your child to improve arm strokes and body position as well as starting backstroke basics.
	INTERMEDIATE 2 4+ years	30 mins	It's time to learn the freestyle breathing technique and master some new drills that improve your child's freestyle and backstroke capability.

Safer Swimmers

Achievers Program: This program is focused on your child's stroke development - which is key in developing the correct technique, improving efficiency and giving them confidence to swim over longer distances.

	ADVANCED 1 4+ years	30 mins	During this lesson it's time to learn breaststroke kicks, whilst also still improving those freestyle and backstroke skills. We also introduce butterfly kicks.
	ADVANCED 2 4+ years	30-45 mins*	Your swimmer will work on their breaststroke skills while completing freestyle and backstroke technical drills. They start adding butterfly arms to their kicks.
	ACHIEVERS 1 5+ years	45 mins	Swimmers are now mastering advanced stroke drills and learning some fun and exciting racing skills like tumble turns and dive starts.
	ACHIEVERS 2 5+ years	45 mins	Your child is now proficient in all four strokes - and they now begin to focus on developing their fitness and strength.
	MINI PRE-SQUAD** 6+ years	60 mins	This squad prep level helps your child transition smoothly into our swim coaching program.

*Check with your local centre. **Mini Pre-squad isn't available at all sites.