## **Class Descriptions**

**Aqua Play** 

Aqu acti

Aqua play for infants and toddlers. Songs and fun activities in the water. (6months – 3years)

**Tadpole** 



Entries, torpedoes, underwater skills, kicking development, floating

Goldfish



Freestyle and backstroke development over 5m, underwater skills, entries

Preschool DW

Deep Water: Entries, treading water, duck diving, floating, survival skills (Tadpole/Goldfish/FF)

Octopus



Entries, kick development, underwater skills, floating, torpedoes

SD 1



Stroke development and distance building in freestyle and backstroke up to 5m/12m (Sardine/Salmon)

SD 2



Stroke development and distance building in freestyle and backstroke up to 25m/50m (Tuna, Dolphin, Shark)

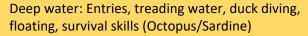


Specific clinic on breaststroke kick front and back for beginner levels (Sardine/Salmon)

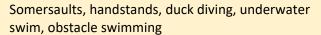
Breaststroke 24

Specific clinic on breaststroke - stroke development and distance building for intermediate to high level (Tuna and above)











Starts, tumble turns, backstroke counting from flags, stroke development (Tuna, Dolphin, Shark)

To book your class head to our website and click on Swim and then the Swim Lessons page or call the centre directly on 5382 2576, bookings can be made 7 days in advance.

## **Staffed Hours**

Monday to Friday: 6am – 12pm / 3pm – 7pm Saturday: 8am – 12pm













