

Class Descriptions

Aqua Play 	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)
Breaststroke 1 	Specific clinic on breaststroke kick front and back for beginner levels (Sardine/Salmon)
Breaststroke 2 	Specific clinic on breaststroke - stroke development and distance building for intermediate to high level (Tuna and above)
Primary DW 	Deep water: Entries, treading water, duck diving, floating, survival skills (Octopus/Sardine)
Water Gym 	Somersaults, handstands, duck diving, underwater swim, obstacle swimming
Squad Skills 	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



Timetable



53 Hamilton Street, Horsham 3400
03 5382 2576
horsham.ymca.org.au

