

OUR PROGRAMS

INFANTS & TODDLERS

 **LITTLE SPLASHERS**

Little Splashers program is designed to introduce your little one to the joy of water in a fun and safe environment. Engaging your bub in water-based activities enhances sensory experiences as they discover and begin to explore the feel of water.

 **LITTLE KICKERS**

Little Kickers program is thoughtfully designed to foster a love for water exploration through engaging, skill-based activities. Our goal is to enhance individual motor skills and coordination in a fun and supportive environment.

MINI STARS 3-6yrs

 **SWIM STAR LEVEL 1**

Young swimmers start their path to independence. They develop essential skills like kicking, paddling, breath control, face immersion, and back floating.

 **SWIM STAR LEVEL 2**

Swimmers will refine their foundational skills while introducing new techniques. This level emphasises the development of proper body position, streamlined movements, and basic stroke mechanics for freestyle and backstroke.

 **SWIM STAR LEVEL 3**

Swimmers refine their freestyle and backstroke techniques while maintaining the basics. This level focuses on improving stroke efficiency and mastering advanced techniques like breathing patterns, kick coordination, and propulsion.

SUPER STARS 6+yrs

 **SWIM STAR LEVEL 4**

Super Stars program is designed to enhance co-ordination and refine stroke mechanics and techniques. We're dedicated to building strength and helping swimmers achieve greater distances in both freestyle and backstroke.

 **SWIM STAR LEVEL 5**

The primary focus of this level is the practice and transition towards mastery of all swimming strokes, alongside the introduction of dives, tumble turns, and starts.



PATHWAYS

PRINCIPLES

 **SAFE SWIM SURVIVE**

Our program offers essential survival skills for all ages, from Infants through to Super Stars swimmers. We ensure that age-appropriate survival techniques are taught, allowing children to enjoy the water safely in any aquatic setting.

ADULT LEARN TO SWIM

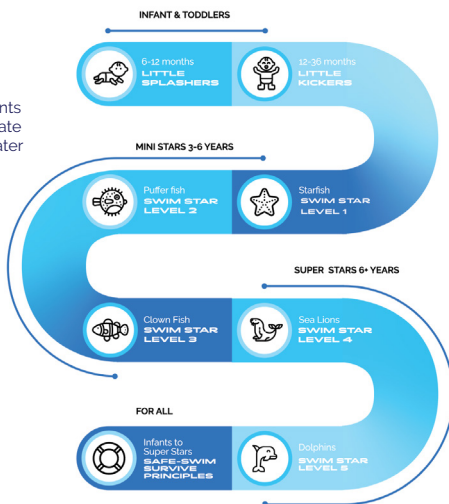
 **BEGIN, DEVELOP, ENDURANCE**

Our Adult Program caters to a wide range of participants, from older teens to adults. The program emphasises:

- ~ Building Confidence: Gain trust and confidence in the water
- ~ Overcoming Fear: Learn to overcome any barriers to water interaction

Skill Levels:

- ~ Beginners
- ~ Stroke Correction
- ~ Stroke Enhancement
- ~ Endurance Building: Improve your stamina and endurance in the water



ALL LESSONS

Our goal is to offer the best facilities, services, and programs for you and your family.

1 Lesson per week \$25.00

Our Accelerated Learning Discount provides a 10% discount to additional lessons per week per swimmer

Free & Easy Online Assessment

Free online assessment process for personalised and optimal lesson times

Makeups

Unlimited makeups – (90 days) for redemption

Online Family Portal and App

Easily manage your Enrolments, Attendance, Contact information, Makeups and Payments and Track progress with our online tools using the App or portal.

Splash-Free Hold & Secure

Our Splash-Free Hold & Secure option offers you the flexibility to take a short break for up to 4 weeks each calendar year.

Designed Pool Use

We're committed to seeing everyone enjoy the water. During quieter times, we offer Designated Pool Space for Controlled Laps, Skill development, and General Swim Fitness.

Personalised, Progressive & Professional

Our focus on delivering a personalised swimming program, emphasises consistency as the foundation for progress. By regularly assessing and promoting swimmers based on their individual abilities, we ensure each participant advances at their own pace, celebrating skill level achievements along the way.

We are focused on helping our community stay active and improve their swimming abilities.

"Refer overleaf for Times and Prices"

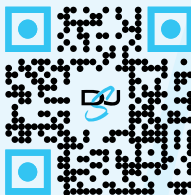
FACILITY HIGHLIGHTS

- ~ **12.5m Purpose-built** teaching pool with platform for greater teacher and participant engagement
- ~ **Pool is heated** to a comfortable 33°C year round
- ~ **A modern, easily accessible space** for parents, family, and friends to watch every moment of their child's progress.
- ~ **Designated Pool Space** for Laps, Skill Development and General Fitness supporting an active community and enhancing swimming abilities.
- ~ **Fully accessible amenities** – So everyone can join us!
- ~ **Convenient and accessible** carparking
- ~ **Swim Shop** - Discover our range of goggles, caps, swim accessories!

JOIN US AND BE PART OF OUR VIBRANT COMMUNITY

Mon – Thur: 12pm – 3pm

- Adults **\$6.00**
- Pensioners **\$5.00**
- Children 3-15 yrs **\$5.00**
- Children 0-2yrs **Free**



Please see our website for Terms and Conditions

Closed Public Holidays, Easter, Xmas & New Year period.