

QLDC SWIM SCHOOL

PARENT & CHILD CLASSES AGES 6 - 36 MONTHS

It's never too early to learn, and babies love water! Introducing them to water at an early age will help them gain a lifelong skill. Classes are conducted with a parent or guardian in the water, so take this opportunity to bond with your child and improve their water confidence.



RUBBER DUCKIES (ages 6 - 12 months)

- 8 per class, 30 minutes
- Introduce your infant to the water
- Basic water safety at home and the pool



FROGS (ages 12 - 24 months)

- 8 per class, 30 minutes
- Submersion of your child
- Increased independent movement
- Floating and rotation skills



SPRATS (ages 24 - 36 months)

- 8 per class, 30 minutes
- Develop independent movement in the water
- Increase water confidence
- Encourage basic swimming

Fees: \$115 per term, based on 10 week term

While in classes and swimming, all children under 3 must wear swim nappies and tight fitting swim wear. Available for purchase at Customer Services.

PRE-SCHOOL CLASSES AGES 3 - 4 YEARS

Introduce your pre-schooler to the wonderful world of swimming! Our fun programme and awesome instructors will allow your pre-schooler to discover the water independently, gain confidence and learn how to enjoy the water safely.



HAPPY HIPPOS 4 per class, 30 minutes

- Safe entry and exit
- Repeated submersion with bubbles
- Assisted rotation front and back
- Unassisted flotation front/back and regain standing position



BUSY BEAVERS 4 per class, 30 minutes

- Safe entry and exit
- Unassisted push and streamline front/back
- Unassisted rotation glide in both directions
- Unassisted streamline kick front/back
- Introduce freestyle arm action



CRAZY CROCS 4 per class, 30 minutes

- Safe entry and exit
- Repeated rotate kicking between front and back 8m
- Backstroke 8m
- Freestyle 8m
- Breaststroke kick - 5 kicks
- Butterfly (dolphin) kick 8m



SUPER SQUID 5 per class, 30 minutes

- Freestyle bilateral breathing 13m
- Backstroke 13m
- Breaststroke (pop-up breathing) 10m
- Butterfly (dolphin) kick 10m
- Tread water 10 secs

Fees: \$115 per term, based on 10 week term

SCHOOL AGE CLASSES AGES 5 - 16 YEARS

Our school age levels cater to all ages and abilities. Work your way through all the strokes: breaststroke, freestyle, backstroke, and butterfly. Swimmers will have a progressive set of goals to achieve and will receive a certificate at the completion of each term.

LEARNERS' POOL CLASSES



STARFISH 5 per class, 30 minutes

- Safe entry and exit
- Repeated submersion with bubbles
- Assisted rotation front and back
- Unassisted flotation front/back and regain standing position



TURTLES 5 per class, 30 minutes

- Safe entry and exit
- Unassisted push and streamline front/back
- Unassisted rotation glide in both directions
- Unassisted streamline kick front/back
- Introduce freestyle arm action



PENGUINS 6 per class, 30 minutes

- Safe entry and exit
- Repeated rotate kicking between front and back 8m
- Backstroke 8m
- Freestyle 8m
- Breaststroke kick - 5 kicks
- Butterfly (dolphin) kick 8m



WATER RATS 6 per class, 30 minutes

- Freestyle bilateral breathing 13m
- Backstroke 13m
- Breaststroke (pop-up breathing) 10m
- Butterfly (dolphin) kick 10m
- Tread water 10 secs

LAP POOL CLASSES



OCTOPUS 6 per class, 30 minutes

- Answer two water safety questions
- Freestyle/breathing 1-2-3 20m
- Backstroke/shoulder roll continuous 20m
- Breaststroke continuous 15m
- Butterfly (dolphin) kick 12m
- Perform a push and glide on front into a forward somersault
- Perform a kneeling dive
- Mushroom float 5sec then stretch into a streamline float
- Tread water in deep water 15sec
- Introduce butterfly arms on poolside only



OTTERS 6 per class, 30 minutes

- Freestyle (bilateral breathing) 25m
- Backstroke (rotation) 25m
- Breaststroke (pop-up breathing) 25m
- Butterfly 5 full strokes
- Perform a kneeling/standing dive



DOLPHINS 7 per class, 30 minutes

- Continuously swim bilateral freestyle 50m
- Continuously swim backstroke with rotation 50m
- Breaststroke 50m
- Butterfly 15m
- Survival backstroke 25m
- Introduction to starts and turns



SEA LIONS 8 per class, 45 minutes

- Freestyle/bilateral breathing with tumble turns 100m
- Backstroke with correct turns 100m
- Breaststroke with correct touch turn 100m
- Butterfly (good technique) finish with touch turn 25m
- Introduction to individual medley (fly/back/breast/free)



STING RAYS 8 per class, 45 minutes

- Freestyle/bilateral breathing/tumble turns 400m
- Backstroke with correct turns 400m
- Breaststroke with correct touch turns 400m
- Butterfly with correct touch turn 50m
- Individual medley (fly/back/breast/free) with correct turns 200m



SHARKS 16 per class, 60 minutes

- Proficient in all 4 strokes, starts, turns and finishes

Fees: Start at \$115 per term for one class per week for 10 weeks