These courses aim to teach the basic swimming skills required for personal survival.

**Beginner Adult**
For adults who cannot float on the water or are not comfortable with being under the water.

**Breathing**
For adults who can swim but need help with their breathing technique.

**Improvers**
For adults who can swim freestyle but need help with stroke correction and endurance training.

**Advanced Improvers**
For adults who can swim freestyle and backstroke, and who want to learn breaststroke along with improved stroke technique and stamina.
Our five preschool levels will develop and extend your child’s swimming and water safety skills, and build self-esteem, confidence and motor-skill development. Parents or caregivers are not required to be in the water with the child.

**Little Dippers**
- Gain water confidence and fully submerge with complete breath control.

**Big Dippers**
- Float on front and back independently. Learn to kick when floating on front.

**Floating Stars**
- Complete five freestyle arm circles while kicking. Also kick unassisted on back.

**Freestyle Stars**
- Complete freestyle arm circles while rolling to the side to breathe, practise backstroke arm circles. Roll on back in deep water and swim for 10m.

**Super Stars**
- Swim 10-15m freestyle and backstroke, and swim in deep water for 15m.

**Waterbabies**
The classes encourage enjoyment of the water and develop awareness and skills. Your baby will experience water play and songs while gaining confidence in the water, learn floating and kicking skills, and progress to being submerged.

Classes require parent or caregiver participation.

**Splashing Seals**
- 6-9 months

**Mighty Minnows**
- 10-15 months

**Paddling Penguins**
- 16-23 months

**Diving Dolphins**
- 24-36 months

**Advanced Turbo Turtles**
- 24-36 months

**Waterbabies 6 months - 3 years**

**Preschool**

School-age classes cater for all levels of swimming ability from nervous beginners to children who can swim lengths. Classes will develop and extend your child’s swimming and water safety skills. Block courses are available during the school holidays.

**Confident Crocodiles**
- Float independently for five seconds on front and back. Glide with arms extended and blowing bubbles for 2-4m.

**Kicking Kingfish**
- Learn to kick on back and do arm circles and kicking on front.

**Breathing Barracudas**
- Swim two freestyle arm-strokes, rolling to the side to breathe, and do backstroke for eight arm-strokes.

**Shallow End Snappers**
- Swim 10m freestyle and backstroke, and be introduced to butterfly and breaststroke.

**Deep Water Dolphins**
- Complete two 12m freestyle and backstroke lengths, understand breaststroke and be introduced to deep-water swimming.

**Main Pool Marlins**
- Swim 25m freestyle and backstroke, do breaststroke arm and leg action and butterfly for at least 12m.

**Bronze Sharks**
- Swim four lengths freestyle and backstroke, two lengths breaststroke and one length butterfly.

**Silver Sharks**
- Swim eight lengths freestyle and backstroke, four lengths breaststroke and two lengths butterfly.

**Gold Sharks**
- Swim 10 lengths freestyle and backstroke, eight lengths breaststroke and two lengths butterfly.

**Mini Squad**
- For children who love swimming and are competent swimmers, but do not want to join a swim club.

**Adapted Lessons**
- Available for children with disabilities.