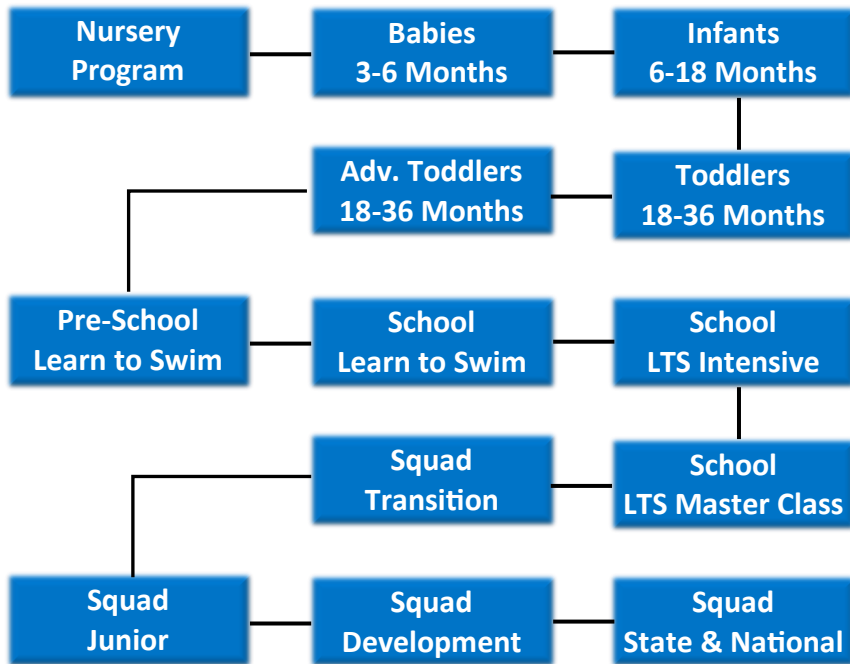




Our teaching philosophy is one where we focus on the positives of a child's progression in a nurturing yet challenging environment. Our class sizes are limited to four (4) for beginner learn to swim levels to a maximum of 5 once your child is free swimming.

We are frequently sought out to help with children who have had poor swimming experiences or are nervous around the water. In addition, we possess a vast experience with children who have Autism, Down Syndrome, learning & physical challenges.

Our program is centred around developing the core skills of swimming, initially focusing on strong controlled head and body position (eg floats), so critical in swimming. We then focus on building strong kicks (the engine) and stretched freestyle & backstroke arms over short distances before advancing to breathing drills. Once your child's core freestyle & backstroke skills are consolidated we introduce breaststroke kick followed by arms & breathing. We continue to build strong freestyle & backstroke skills as we develop breaststroke & survival strokes then we introduce butterfly skills, once breaststroke as been taught.



We don't teach all four (4) strokes at the same time, or get caught up on stroke aesthetic, or use aides such as floaties.

Our instructors teach in the water & we are a hands on 'stroke correction' clinic, that aims to build strong resilient strokes that helps your child become more **DROWN PROOF & WATER SAFE**.

We continuously assess children throughout the term & formally recognise your child's achievements at the end of each term.

Each term we provide the opportunity for children to participate in Intensive & Master classes where we aim to challenge & test children's skills, often in environments they are unfamiliar. These programs produce dramatic results with children often developing new skills-sets in a very short period. We often have children swimming 50m within one (1) class when they were only able to swim less than 15m prior or learn a whole new stroke (such as Butterfly) in a couple of classes.

Upon graduation from our Learn to Swim program we provide children the opportunity to further their swimming journey in our squads, whether that is to consolidate their skills or with a view to compete, our program caters for your child's needs.

