

## PROGRAMS & PROGRESSIONS

### TINY TOTS : TOTS : TALENTED TOTS

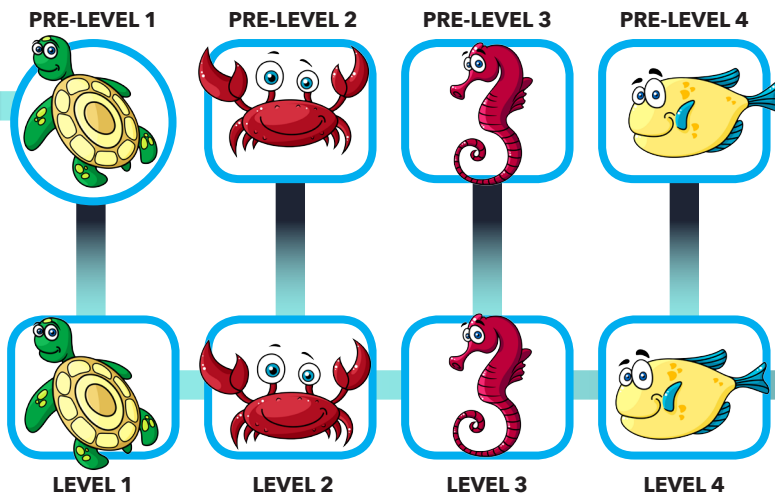


#### TOTS CLASSES: 6MTHS - 3YRS MAX 6 PER CLASS

Our parent and child classes provide a gentle introduction to water for your bub, while developing swimming skills through songs and activities. Activities are made more challenging for students who are excelling. Level progression is age based.

#### PRESCHOOL CLASSES: 3 TO 5 YRS: MAX 4 PER CLASS

Students start by gaining confidence in the water and learn the basics of all strokes. All lessons incorporate a component of water safety. Level progression is ability based.



#### SCHOOL AGE CLASSES: 5 YRS+

Students start to build basic water skills and progress through introduction, development, refinement and consolidation of all four competitive strokes and water safety skills.

#### SCHOOL AGE CLASSES: 5 YRS+

Students have the opportunity to participate in carnivals with our competitive squads.



#### COMPETITIVE SQUAD

Beginning with Junior Squad, swimmers can progress to State and High Performance squads where they are competing to represent Australia.

#### FITNESS SQUAD

Non-competitive squad developed for those wanting to improve technique and fitness or unable to commit to training requirements of the competitive squads.



#### LEVEL 8 / DEVELOPMENT SQUAD

This squad builds on technique, distance and strength while refining racing skills. Swimmers can enrol in a second session per week at no extra cost, subject to availability.

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#### TEEN CLASSES: 11- 16 YRS + : MAX 4 PER CLASS

Older swimmers are grouped together to ensure lessons are an enjoyable experience.

Level progression:

Beginner, (Level 1 - 2 equivalent),  
Intermediate, (Level 3 - 4 equivalent)  
Advanced, (Level 5).

#### ADULT CLASSES: 16 YRS + LEARN TO SWIM: MAX 4 PER CLASS

We offer a progressive adult learn to swim program catering to all swimming abilities. All adults no matter what age, should know how to swim and be confident around water. You never know when you will be called on to use this important life skill.

#### SQUAD: MAX 4 PER CLASS

For those who graduate from advance lessons or those with previous swimming experience. Squad - works on increasing stamina and speed and can be tailored to upcoming fun swims or other events that swimmers are aiming towards.  
Level progression: Beginner, Intermediate, Advanced, Adult Squad.

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