



Starfish (from 6mths)

- 6 children per class

The class is designed to introduce children to the water and allow them to gain confidence whilst learning with games, songs and activities; providing a comfortable and fun experience. The parent/caregiver is in the water with the child at all times.



Seahorse

- 6 children per class

These classes aim to further your child's aquatic skills, introducing basic swimming techniques, water safety and breathing control in a warm friendly environment. The parent/caregiver is in the water with the child at all times.



Turtle

- 5 children per class

This class encourages children to achieve a higher level of independence with a healthy respect for the water. These classes also aim to further develop their motor skills and underwater retrieval skill. The instructor is in the water with the children at all times.



Octopus

- 5 children per class

This class introduces freestyle and backstroke technique, whilst building on the skills previously learnt.



Dolphin

- 5 children per class

These classes develop correct freestyle and backstroke techniques whilst building endurance, still focusing on promoting enjoyment in an aquatic environment.



Stingray

- 5 children per class

This class continue to refine correct freestyle and backstroke technique, and introduces breaststroke kick.



Sharks

- 5 children per class

This is a pre-squad class. Freestyle and backstroke is further refined, breaststroke is fully developed and butterfly is introduced.