

LEARN TO SWIM | STAGES

BABIES 1 6 - 18 months

Parent/carer must be in water

In Babies 1, parents join babies in the water for a fun, supportive intro to water safety, floating, splashing, and face wetting, with full adult assistance.



BABIES 2 1yr - 2.5 years

Parent/carer must be in water

Babies 2 continues to build water confidence skills like rotating, using equipment, and wall push-offs, while easing parent separation in a fun setting.



PRE-SCHOOL 1 2 years - 4 years

Parent/ Carer is not in the water but may be asked to sit on the edge to assist.

Preschool 1 is for ages 2-4yrs, this fun class builds water confidence with splashing, safe entries, back floating, blowing bubbles, kicking, and gentle head-wetting.



PRE-SCHOOL 2 3 years - 5 years

For adventurous 3-5 year-olds, Preschool 2 builds water skills such as floating, blowing bubbles, kicking 5m with equipment, gliding, rolling for breaths, and safe pool entry/exit.



STAGE 1 4 years +

Stage 1 is ideal for non-swimmers 4yr + or kids transitioning from Pre-School 1, focusing on water confidence and safety skills.



STAGE 2

Stage 2 is perfect for swimmers who completed Pre-School 2, focusing on safe jumps, floating, gliding, kicking, self-submersion, log rolls, and easy water exits.



STAGE 3

Stage 3 features jumps, submersions, log rolls, travelling 10m with rainbow arms and water safety messages.



STAGE 4

Stage 4 introduces Breaststroke and Butterfly kick, whilst showcasing skills like sculling, kicking and travelling 10m on all strokes.



STAGE 5

Designed for advancing swimmers, Stage 5 covers sculling, treading water, deep-water jumps, 15m swims in all strokes, forward somersaults, surface dives, and signalling for help.



STAGE 6

In Stage 6, swimmers further develop all strokes, are introduced to turns, working towards completing 25m with a streamlined start and rhythmic breathing. Pace clock for spacing is introduced.

MINI SQUADS

In Mini Squads, swimmers enhance technique, completing 25m swims in all strokes, executing correct finishes and learning lane etiquette. Typically completing 400-600m per session