

One by Mingara Learn to Swim Stages



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 2

3 years - 5 years

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



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.

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.



Pre-School 1

2 years - 4 years

This fun class builds water confidence with splashing, safe entries, back floating, blowing bubbles, kicking, and gentle head-wetting.



Stage 1

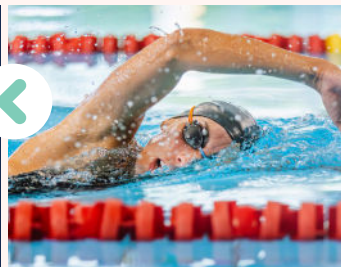
4 years +

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



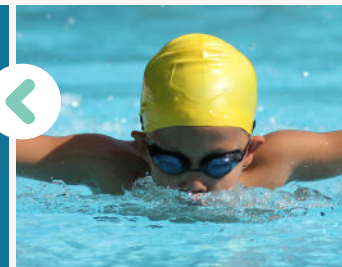
Mini Squads

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.



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 3

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



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.



Stage 4

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

