

# Babies

## Pipis 3 months – 6 months

Lessons for babies 3–6 months introduce parents and babies to the water through songs, movements, holds and building confidence.

## Kina 6 months – 14 months

Lessons for babies 6–14 months build confidence for babies and parents in the water. Through play-based activities and age-appropriate challenges.

## Paua 12 months – 24 months

Lessons for babies 12–24 months building skills by encouraging independence and active movement. Through guided support toddlers begin practising water-safety.

## Wheke 20 months – 3 years

Lessons for children 20 months to 3 years Swimmers develop floating, submersions, and glide as they prepare for preschool classes.

# Preschool

## Starfish Preschool

Beginner lessons for Preschoolers developing confidence in, on and around water.

## Jellyfish Preschool

Preschool lessons developing skills such as breath control, basic kicking, and freestyle arms. Children also learn to master submerging and floating on back without aid.

## Turtle Preschool

Preschool lessons developing skills such as backstroke, basic breathing to side, arm circles and kicking.

## Seahorse

Beginner lessons for 5–8-year-olds covering floating, kicking, and developing freestyle arms.

## Seal

Lessons to develop breath control, freestyle, and basic backstroke.

## Stingray

Lessons include developing breathing techniques, developing freestyle catch up, developing backstroke and learning basic butterfly kick.

# School Age

## Shark

Lessons include mastering breathing techniques and backstroke, freestyle fundamentals and developing butterfly kick.

## Presquad

Lessons teach students to master rolling to breathe, rocket catch up and back-stroke kick and switch. Also, basic breaststroke leg action and butterfly kick.

## Junior

Junior Squad lessons teach front crawl and backstroke over 100m without stopping, breaststroke arms and basic butterfly kick.

# Upper Levels

## Development

Development Squad lessons cover mastering front crawl and breast-stroke and develop backstroke and diving skills.

## Squad

Squad lessons teach all strokes including starts and turns to a pre-competitive standard. Develops endurance, speeds and teaches medley.

## Foundation

Beginner lessons for children aged 9–16. Teaches balloon face, floating, kicking, and developing freestyle arms.

# Adults

## Adults Level One (17 years +)

Introductory swimming lessons for adults covering water familiarisation, submersions and gaining confidence in the water.



## Adults Level Two (17 years +)

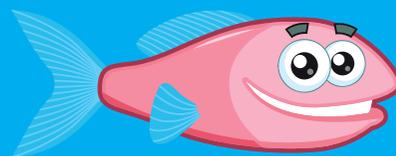
Adult lessons introducing swimming strokes and survival swimming skills.



# Private Classes

## One to One Lessons Any age

Within our private lessons we offer one on one quality swimming lessons where we can specifically cater the lesson to suit your needs and requirements.



# Learn to Swim

# Sensory Group

## Sensory Group Any age

Group lessons for children with higher support requirements to learn how to be safe in and around the water or further there swimming abilities.



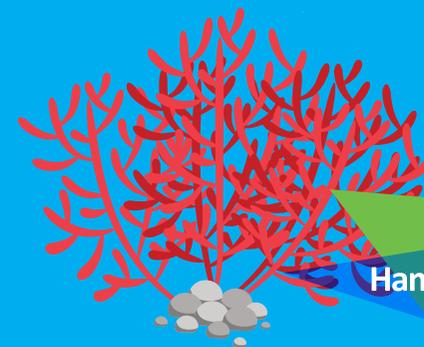
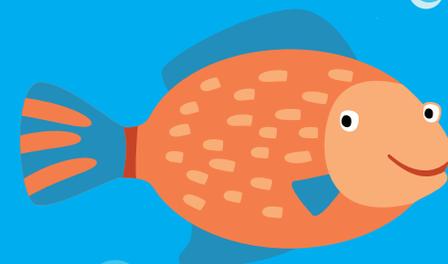
## Sensory Private Any age

A 1 on 1 lesson for students with higher support needs who are looking to learn how to be safe in and around water or further their abilities to swim.



# Pricing

Classes	Cost	Customer Services Card
Babies (Pipis 3-6 months)	\$9.00	\$6.75
Learn to Swim	\$21.00	\$15.75
Upper Levels	\$22.00	\$16.50
Adults	\$21.00	\$15.75
Sensory Lessons	\$21.00	\$15.75
Private Lessons	\$64.00	\$48.00



Learn more at [www.hamiltonpools.co.nz](http://www.hamiltonpools.co.nz)

Email us at [hamiltonpools@hcc.govt.nz](mailto:hamiltonpools@hcc.govt.nz)