

BABIES

PIPIS

3 months – 8 months

Introduce them to water and beginning to build simple pre-swimming skills

KINA

9 months – 18 months

Grow babies and parents confidence in, on and around the water

WHEKE

19 months – 3 years

Include floating, submersions and developing their glide

PRESCHOOL

STARFISH PEKAPEKA

Preschool (3-4 years)

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

JELLYFISH TEPETEPE

Preschool (3-4 years)

Developing skills such as breath control, basic kicking and freestyle arms, floating on back

SCHOOL AGE

SHARK MAKO

Mastering breathing techniques and backstroke, freestyle fundamentals and learning basic butterfly kick

STINGRAY WHAI

Master breathing techniques, developing freestyle catch up, developing backstroke and learning basic butterfly kick

SEAL OIOI

Develop breath control, freestyle and basic backstroke

SEAHORSE MANAIA

Covering floating, kicking and developing freestyle arms

TURTLE HONU

Preschool (3-4 years)
Learning backstroke by practicing arm movements, kicking technique, and beginning to breathe to the side while swimming.

FOUNDATION HONU

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

PRESQUAD PAAKIRKIRI

Master rolling to breathe, rocket catch up and backstroke kick and switch. Also basic breaststroke leg action and butterfly kick

JUNIOR TARAKIHI

Front crawl and backstroke over 100m without stopping, breaststroke arms and basic butterfly kick

UPPER LEVELS

DEVELOPMENT TAAMURE

Mastering front crawl and breaststroke and develop backstroke and diving skills

SQUAD HAKU

Includes starts and turns to a pre-competitive standard. Develops endurance, speed and teaches medley

ADULTS

ADULTS LEVEL ONE PAATIKI

(17 years +)

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



ADULTS LEVEL TWO KORORAA

(17 years +)

Adult lessons introducing swimming strokes and survival swimming skills



SENSORY GROUP

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Any age

For students with higher support needs, these will take place in the hydrotherapy pool. Students will be grouped and levelled by teachers, focusing on their individual needs rather than competency levels.



SENSORY PRIVATE

Any age

Private lessons for students with disabilities such as autism and global development delay.



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.



PRICING

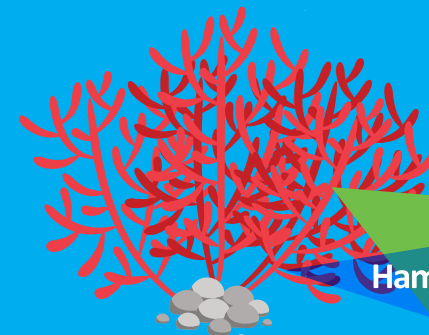
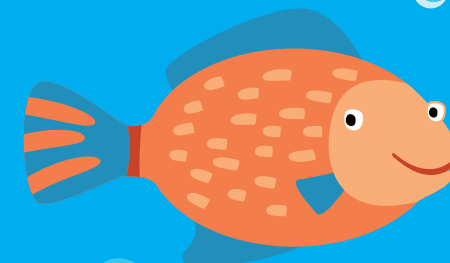
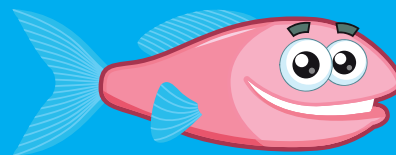
Class	Cost	Customer Service Card
Babies 3-8 months	\$9.00	\$6.75
Learn to swim (9 months to 16 years)	\$21.00	\$15.75
Squad/Upper Levels	\$22.00	\$16.50
One to One Lessons	\$64.00	\$48.00
Adults	\$21.00	\$15.75
Sensory Group	\$21.00	\$15.75

Learn more at
www.hamiltonpools.co.nz

Email us at
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LEARN TO SWIM



Hamilton Pools