

# 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

## PRESQUAD PAAKIRKIRI

School (6-15 years)

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



## SHARK MAKO

School (5-8 years)

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



## STINGRAY WHAI

School (5-8 years)

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



## SEAL OIOI

School (5-8 years)

Develop breath control, freestyle and basic backstroke



## SEAHORSE MANAIA

School (5-8 years)

Covering floating, kicking and developing freestyle arms



## FOUNDATION HONU

School (9-16 years)

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



# UPPER LEVELS

## JUNIOR TARAKIHI

School (6-16 years)

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



## DEVELOPMENT TAAMURE

School (6-16 years)

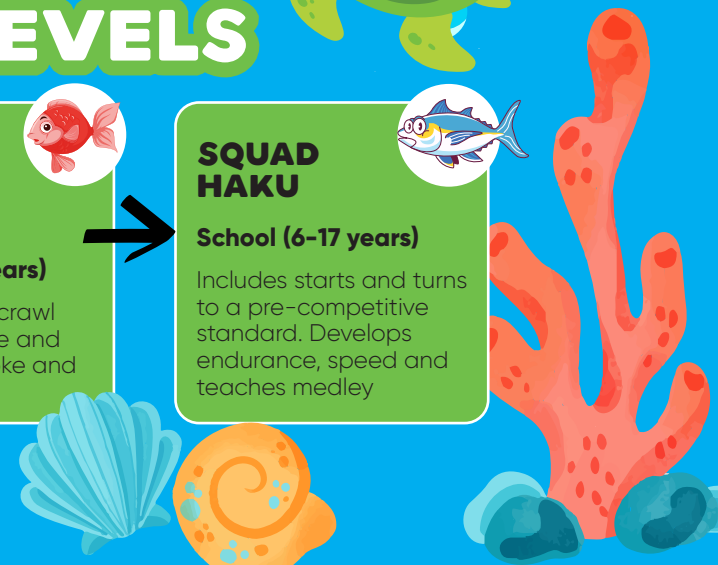
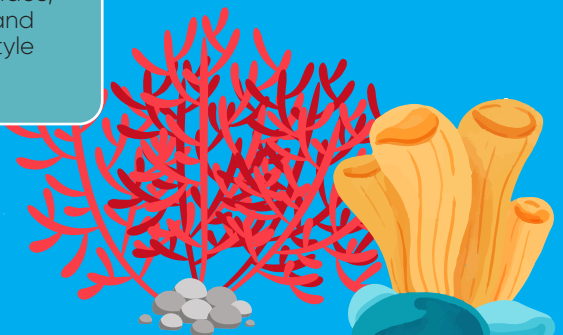
Mastering front crawl and breaststroke and develop backstroke and diving skills



## SQUAD HAKU

School (6-17 years)

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

## SENSORY GROUP

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.

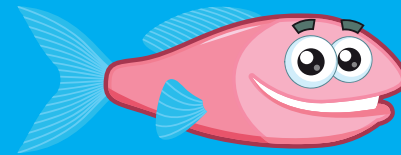


# PRIVATE CLASSES

## 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	CS Card
Babies 3-8 months	\$8.00	\$6.00
Learn to swim (9 months to 16 years)	\$18.60	\$13.95
Squad/Upper Levels	\$19.60	\$14.70
One to One Lessons	\$60.00	\$45.00
Adults	\$18.60	\$13.95
Sensory Group	\$18.60	\$13.95

Learn more at  
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# LEARN TO SWIM

