





swimming in the long term. Led by Coach Warren, ex-National Team athlete, and AUSTSWIM qualified Teacher, the program focuses on squad etiquette, develops stroke such as Butterfly, Freestyle, Backstroke and Breaststroke, builds on techniques such as tumble turns and dives. This squad is dedicated for the 6 - 12 years old age group and the swimmers must be able to comfortably swim 50M in the following strokes: Freestyle, Backstroke and Breaststroke.

SWIM LESSONS SCHEDULE	
DAYS	TIME
Monday & Thursday	15:45 - 17:00
Saturday	09:00 - 10:15

## Equipment required:

- Cap
- Googles
- Water Bottle
- Fins
- Kickhoard

Your swim class includes:



Qualified teacher









Heated Pool Free Parking



Easy access

Free WiFi