



## babies and toddlers

Our Babies and Toddlers classes are aimed at learning and developing the basic knowledge and skills required by parents to assist children with their development.

### Squids (6 months – 24 months)

- » Water familiarization
- » Socialization skills
- » Floating independently
- » Confidence in the water

### Tadpoles (24 months – 3 years)

- » Independence in the water
- » Socialization skills
- » Submergence
- » Safe entry and exit of a pool

### Turtles (age 2.5 years to 3.5 years)

- » Independence, confidence and mobility
- » Floating on back with swimming aids
- » Safe entries into water and class interaction

#### **Please note:**

*Squid and Tadpoles classes require a parent or guardian to enter the water with their child for the class duration of 30 minutes.*

## creche

Free morning and afternoon creche is offered to our members at no extra cost.  
Monday to Thursday – 9am to 1pm and 4pm to 8pm  
Friday – 9am to 1pm and 4pm to 6pm  
Closed on public holidays

## health issues

All information regarding your child's medical concerns should be detailed upon enrolment.

Please consult the Swim School team regarding any individual concerns you may have.

## make up policy

Make up lessons can be provided when at least 24 hours prior notice is given of a student's absence from a class. We rely on the vacancies created when you tell us you are not coming to accommodate other student's make-up lessons.

Please give us as much notice as possible if you know your child will be absent from their class. If less than 24 hours notice is given, a medical certificate or school newsletter will need to be presented to be allocated a make-up lesson.

Adelaide Aquatic Centre is a one stop shop for those looking to keep fit, learn how to swim and have fun.



ADELAIDE  
AQUATIC CENTRE

Jeffcott Road, North Adelaide SA 5006  
phone: 8203 7665 | fax: 8269 7150  
email: [swimschool@adelaidecitycouncil.com](mailto:swimschool@adelaidecitycouncil.com)  
website: [adelaideaquaticcentre.com.au](http://adelaideaquaticcentre.com.au)

# swim school



ADELAIDE  
AQUATIC CENTRE

# welcome

The Swim School provides a range of group learning and developmental classes catering for all ages and abilities, from 6 months to adults, in a pleasantly heated pool all year round. (31 degrees in the Octopool and 27 degrees in the main pool).

Group classes are held daily by our qualified and highly experienced instructors in a relaxed and safe environment. The low student to instructor ratio in our classes enables individual attention to be given to our students.

Integral to our class structure is the promotion of water awareness, confidence, mobility, safety, stroke development and fitness.

Classes are offered on a term basis coinciding with public school systems. Students must reach a minimum competency to progress to the next level with certificates being awarded upon attainment of each level.

Swim School instructors are happy to provide parents with feedback on students at the end of each term.

And don't forget...  
you are never too old to  
learn how to swim!

## juniors

Our Junior classes are held in the Octopool and focus on learning and developing propulsive skills. Classes are 30 minutes with the exception of Dolphins which runs for 45 minutes. Our program is based on ability so age indications are a guide only.

### Platypus (age 3.5+ years)

- » Floating on front with assistance
- » Kicking with a kickboard on front and back
- » Independent propulsion through water using arms and legs

### Octopus (age 5+ years)

- » Relaxed floats on back and front without aids
- » Freestyle with bilateral breathing and backstroke

### Seals (age 5+ years)

- » Freestyle and backstroke continuously for 20 metres with correct technique
- » Survival backstroke kick

### Yabbies (age 6+ years, main pool)

- » Freestyle and backstroke continuously for 50 metres with correct technique
- » Survival backstroke
- » Breaststroke kick with correct technique for 20 metres

### Dolphins (age 7+ years 45 minutes, main pool)

- » Freestyle, backstroke, breaststroke and dolphin kick
- » Introducing the use of flippers for stroke development
- » Deep water confidence

## advanced

Advanced classes are taught in the main pool and are focussed on performance, development, endurance and technique.

### Bronze (8+ years 45 minutes)

- » 800 – 1000m covered during training
- » Freestyle, backstroke and breaststroke
- » Introduction to butterfly and tumble turns

### Silver (9+ years 45 minutes)

- » 1000 – 1500m covered during training
- » Freestyle, backstroke, breaststroke and butterfly
- » Racing starts, turns and finishes

### Gold (10+ years 1 hour)

- » 1500m – 2000m covered during training
- » Freestyle, backstroke, breaststroke and butterfly incorporating starts, turns and finishes
- » Reading programs, using swim clock, time trials

### Junior Squad (1 hour)

- » Progression on from Gold
- » Introduction to competition starts and turns
- » Technique
- » Timed swims

### Senior Squad (1 ½ hours)

- » Progression into competitive swimming clubs
- » Competition starts and turns
- » Endurance work

### Adults (45 minutes main pool)

- » Confidence, floating with/without assistance
- » Freestyle, backstroke and breaststroke

## enrolments

### How to enrol

In person:

Monday to Friday – 8.30 am to 7.00 pm

Saturday – 8.00 am to 12.30 pm

Over the phone:

Monday to Friday – 9.00 am to 5.00 pm

Saturday – 8.00 am to 12 noon

### Re-enrolments

A re-enrolment process is in place for existing students. Please see Swim School or Customer Service Centre Staff for information.

### Pricing

Please refer to our current price list. Copies can be obtained from the Customer Service Centre.

### Discounts

Families with three or more children enrolled will receive a 10% discount off the third and any subsequent children in the family.