

Levels Continued

Level 4: 30 min class

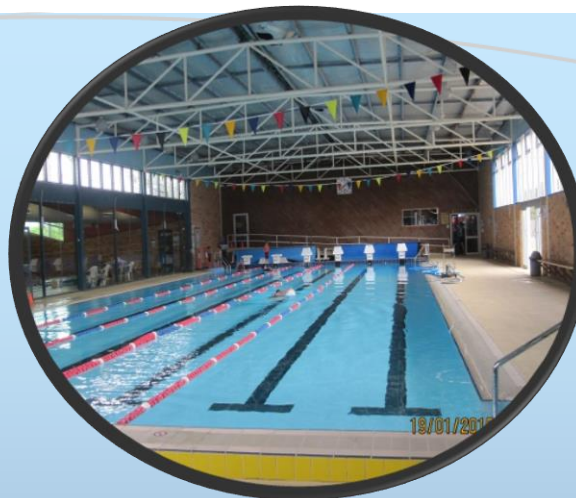
- To achieve approx. 50m Fr & Bk. Attempting 25m Br. Can perform somersaults & butterfly drills. Swims approximately 500m

Stroke Development : 45 min class

- To achieve 100m Fr, Bk & Br. Learning Fr & Bk tumble turns & attempting 25m Butterfly. Swims approx. 750m

Mini Squad: 60 min class

- To provide a bridging level from Lear-to-swim & senior Squad groups. This level is designed for students who do not want to devote more than 2 sessions per week. Lessons concentrate on technique, sprints, starts, turns & water safety. Swims approx. 1000m.



South Grafton Indoor
Heated Pool

Learn to Swim lessons are run during the school term. We run an 8-week program & usually commence the first week of school.

Assessments are required to place your child into the correct level. Assessments are free.

Children improve more coming twice per week however once/wk is better than none.

Please contact the pool on 66423238 for further information.

GRAFTON SWIM



ACADEMY

Est. 1985

South Grafton – 66423238
Grafton - 66423821



Aim

To provide a safe and happy environment for the teaching of water safety & Learn-to-Swim programs



The Grafton Swim Academy provides professional and enthusiastic teaching from Austswim accredited teachers in a safe and friendly environment.

These teachers provide lessons from the 6 months old 'Infant Aquatic' group through to competitive squad groups.

Lessons are provided at 3 locations –

- The Grafton Lifestyle Centre in South Grafton all year round
- The Grafton Aquatic Centre on the corner of Turf & Oliver st during the summer terms
- And the Ulmarra Pool also during the summer terms

With a variety of pools both indoor and outdoor, heated and not heated, children are able to maximize their experiences with water.



Scientific studies show that early, consistent swim instruction not only saves lives but also develops the child physically, mentally and emotionally. (Gegharardt & Bauermeister).

Levels

We hold 3 different groups of Water Confidence Classes where a parent attends the lesson with child.

- Infant Aquatics – 6 mths to 12 mths
To familiarise babies to water & prepare for submersion in a fun, safe & welcoming environment
- Toddler Time – 12 mths to 2 yrs
To introduce safety & encourage confidence & independence
- Pre-Beginners - 2 yrs – 3 yrs
To further establish safety & prepare for beginner classes

Beginner:

- to gain independence & become water confident. To learn safe entry & exits from pools. To achieve buoyancy, propulsion & attempt to front breath.

Level 1:

- to increase independence & confidence. To swim approx 9 – 10m attempting side breathing. Introducing Back kicking & deep water whilst continuing safety.

Level 2:

- to achieve approx. 18m bilateral Freestyle & Backstroke. Learning correct diving techniques. Increase knowledge of water safety.

Level 3:

- to achieve approx. 25m Fr & Bk. Diving competently. Attempting breaststroke & butterfly kick. Swims approx. 250m per session.