ST CATHERINE'S
LEARN TO SWIM PROGRAM

Water Babies – $240
30 min sessions
We offer two programs for babies.
 Each level is designed to focus on key skills based on the age and development of the baby.

Jellyfish
4 months – 18 months
Jellyfish is suitable for infants ages 4 months to 1.5 years. This is where they learn water familiarization and a variety of water safety skills including floating and breath control as well as submerging safely. It includes a variety of songs that are tied into water activities that the kids love.

Turtles
18 months –3 years
Turtles is suitable for children ages 1.5 – 3 years. This is where they begin to learn basic kicking and paddling and become familiar with pool aid devices such as noodles and kick boards. This level continues to progress water safety skills and submerging safely.

ST CATHERINE'S
LEARN TO SWIM PROGRAM

Learn to Swim – $290
30-45 min sessions
We offer two programs for babies. Each level is designed to focus on key skills based on the age and development of the baby.

Crabs
Crabs is suitable for children ages 3+ years. They do not have to come with the experience from the previous Water Babies classes. A lot of children start their swimming experience at this level.
   In this level we focus water familiarization and breath control including submerging. We include a variety of water safety drills such as returning to the wall and survival back float.
   Crabs also focuses on the foundation of strokes including body and head position, kicking, and padding with propulsion.

Octopus
Octopus is suitable for children ages 4+ years. They are completely water safe and can swim independently.
   This level progresses the foundation of swimming and correct head and body position. It focuses on the introduction to Freestyle and Backstroke, as well as diving.
   learn basic kicking and paddling and become familiar with pool aid devices such as noodles and kick boards. This level continues to progress water safety skills and submerging safely.

Seals
Seals is suitable for children who have an understanding of Freestyle and Backstroke. This is where they refine their technique and become competent and confident in Freestyle and Backstroke. Diving is also progressed.

Dugong
This level is suitable for children who can already perform Freestyle and Backstroke with correct technique. This is where they begin to learn Breaststroke kick.
   This level progresses diving further as well as introduces tumble turns.
The Dugong level is run in our 17 meter Learn to Swim pool to ensure children are getting that hands on experience to progress their technique further.

Dolphin
Dolphins is the final level of our Learn to Swim program and is held in the 25-metre pool.
   This level is suitable for children who are competent in Freestyle, Backstroke and Breaststroke kick. This is where they refine their Breaststroke skills and begin to learn butterfly.
   Starts and finishes, as well as diving and tumble turns are progressed.

ST CATHERINE'S
LEARN TO SWIM PROGRAM

Pre-squad
45-60 min sessions
Our pre-squad programs are designed to introduce swimmers to squad level. Both levels are in the 25m pool and swim between 1km to 1.5km per session. In here we look to continue to develop technique and increase endurance.

Stingrays – $265 for 1 session per week
Stingray is our first level of pre – squad that swim for 45 minutes. The child will swim all 4 strokes, assisted by the instructor at times. This lesson aims to further develop technique across all 4 strokes by increasing the duration of the class. In this level we start to introduce new drills across all 4 strokes to further enhance their swimming and skill knowledge.

As well as including Dives and Turns, students will also learn time and clock skills whilst swimming.

Makos – $270 for 1 session per week or $315 for 2 sessions per week Our Mako squad runs for 60mins and aims is to refine all 4 strokes over distance in preparation for the higher squad programs. Whilst also developing the swimmer's knowledge on the technical side of swimming.

Students continue to work on dives and turns while starting to do a variety of speed and endurance work at each session. We recommend doing 2 sessions a week to see the benefits.