



Adults

Learning to swim as an adult often involves breaking through boundaries, fears, injuries and learnt habits.

Every swimmer is different; therefore we approach each swimmer as an individual.

Your instructor will talk to you about your previous experiences, your fears and reasons for wanting to learn to swim.

Adult Beginner

Adult Beginner is for those who have never been in the water, or who are comfortable in the water but wish to move from walking and playing to swimming.

Duration: 30 Minutes

Ratio: Maximum 6

Achievable Goals

- How to safely enter and exit the water
- How to regain your feet safely
- Front and back float independently
- Breath control and relaxation techniques to enable you to be comfortable and relaxed in the water
- Streamline push and glide
- Kicking and arm strokes on both your front and back

Adult Intermediate

Are you already comfortable with the elements in the beginner class? Can you already swim, but are having trouble with your breathing? Has it been a while since you learnt to swim and you want to progress your ability? If you answered yes to any of these questions, then the adult intermediate class is for you!

Duration: 30 Minutes

Ratio: Maximum 6

Achievable Goals

- Improved coordination and refinement of your kick and stroke for freestyle and backstroke
- Timing and technique for Freestyle breathing
- Breathing techniques that will allow you to improve your distance
- Deep water confidence

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