



Preschool

We offer four levels for our pre school participants aged 3 – 5 years who do not require a parent or caregiver to be in the water.

Each child will be placed in a suitable class based on their current ability and previous experience in the water, this way we can ensure each child is receiving the most out of their class which will be beneficial to their learning and aquatic experience.

All pre school classes are situated in our secluded heated teaching pool which is 0.7m in depth, access to this pool is via ramp.

Preschool Beginner

Duration: 20 minutes

Ratio: Maximum 3

Achievable Goals

- Safe entry and exit
- Total submersion
- Unassisted front float and recovery
- Unassisted back float and recovery
- Confidence and enjoyment

Manurewa Learn To Swim
10 Sykes Road, Manurewa
09 269 0931
aucklandleisure.co.nz

Preschool Confident Beginner

Duration: 20 minutes

Ratio: Maximum 3

Achievable Goals

- Front streamline glide
- Back glide – arms by side
- Front streamline kick
- Back kick – arms by side
- Independent U-Turns

Preschool Improver

Duration: 20 minutes

Ratio: Maximum 3

Achievable Goals

- Freestyle kicking with arms
- Backstroke kicking with arms
- Horizontal rotation – moving sequence
- Vertical rotation
- Deep water confidence

Preschool Beginner Breather

Duration: 20 minutes

Ratio: Maximum 3

Achievable Goals

- Freestyle with breathing to one side
- Backstroke
- Breaststroke kick
- Dolphin Kick
- Seated dives