



Teenage 9 – 15 years

Learning to swim as a teenager or young adult often involves breaking through boundaries, fears, injuries and learnt habits.

Every swimmer is different; therefore we approach every swimmer as an individual. Your instructor will talk to you about your previous experiences, your fears and reasons for wanting to learn to swim.

Teenage 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 learning swimming based skills.

Teen Beginner

Duration: 30 Minutes

Ratio: Maximum 6

Achievable Goals

- Independent front & back float with recovery
- Front and back streamline kicking
- Front and back kicking with arms
- Rotations – Horizontal and vertical
- Deep water confidence

Are you already comfortable with the elements in the beginner class?

Can you already swim, but are having trouble with your breathing?

Are you a self-taught swimmer and want to learn correct breathing?

Has it been awhile since you learnt to swim and you want to progress your ability?

If you answered yes to any of these questions, then the Teen Breather class is for you!

Teen Breather

Duration: 30 Minutes

Ratio: Maximum 6

Achievable Goals

- Freestyle bilateral breathing
- Backstroke
- Drop down push off - front and back
- Breaststroke kick and arms
- Forward rolls