

Squad - Stroke 25/50 (30mins) 6:1

- Freestyle and Backstroke 100m
- Breaststroke 50m
- Butterfly 25m
- Breaststroke pull-outs
- Touch turns

Squad - Stroke 100/200 (30mins) 6:1

- Freestyle 200m
- Backstroke 200m
- Breaststroke 50m
- Butterfly 50m
- Standing/Race dives

Squad - Stroke 400 (45mins) 7:1

- Individual Medley 100m with turns
- Freestyle 100m in 2 mins
- Backstroke 100m in 2 mins
- Backstroke starts
- Freestyle 800m

Mini Squad (45mins) 6:1

- Freestyle 800m
- Butterfly 50m
- Turns for all strokes

Junior Squad (60mins) 8:1

- Increase stamina across all strokes
- Technique correction/refinement



Adult Beginner (30mins) 5:1

- Freestyle kicking with arms
- Backstroke kicking with arms
- Rotation (horizontal and vertical)
- Dolphin kick
- Deep water confidence

Adult Breather/Intermediate 5:1 (30mins Breather/45mins Intermediate)

- Freestyle 1 length
- Backstroke 1
- Freestyle with bilateral breathing 20m
- Backstroke with basic technique 20m
- Intro to other strokes: butterfly, breaststroke

Adult Advanced (16 years+) 5:1

- Freestyle breathing bi-lateral 30m
- Backstroke
- Concept of breaststroke kick
- Sculling head first
- Push and glide into a forward roll

Swim School Pricing

- Running in line with the school term
- Babies and Toddlers \$9 per lesson x number of weeks
- Pre-School - Adults \$14 per lesson x number of weeks
- All term fees must be paid in full at time of booking

Assessments

If you are unsure of what level your child is at, please contact us for a free assessment on 09 424 9227 or email stanmorebayswimschool@aucklandcouncil.govt.nz.



Learn to Swim

Stanmore Bay Pool and Leisure Centre



Phone 09 424 9227 or visit
aucklandleisure.co.nz
159 Brightside Rd
Stanmore Bay



Welcome to Stanmore Bay

Learn to swim, improve your water confidence and become a better swimmer with us at Stanmore Bay Pool and Leisure Centre, New Zealand's Outstanding Swim School of the Year (2016).

Our swimming lesson structure means that no matter your age, ability or level, there's an affordable and fun class for you, led by our well-qualified, passionate and knowledgeable instructors.

Babies (6 months-1 year) 8:1

- Develop water confidence and enjoyment
- Develop hand/eye co-ordination
- Hold on to rail/side independently
- Respond to cueing
- Submersion

Toddlers (1-2 years) 8:1

- Monkey walking
- Responding to cues
- Submersion
- Assisted back float
- Safe entry and exits

Toddler Advanced (1-2 years) 8:1

- Independent U-turns
- Unassisted back float
- Push, glide to wall + climb out
- Assisted horizontal rotation
- Assisted vertical rotation



Pre School Beginner (3-4 years) 3:1

- Safe entry and exit
- Total submersion (fully underwater)
- Unassisted front float and recovery
- Unassisted back float and recovery
- Confidence and enjoyment

Pre School Confident Beginner (3-4 years) 3:1

- Streamline gliding on front
- Arms by side gliding on back
- Streamline kicking on front
- Arms by side kicking on back
- Independent U-turns

Pre School Improver (3-4 years) 3:1

- Freestyle kicking with arms
- Backstroke kicking with arms
- Horizontal rotation (must be 1 movement)
- Vertical rotation
- Deep water confidence

Pre School Beginner Breather (3-4 years) 3:1

- Freestyle (1,2 bubbles and breathe)
 - Concept of breaststroke kick
 - Dolphin kick
 - Seated dives
 - Backstroke
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Beginner (5-7 years) 4:1

- Safe entry and exit
- Total submersion (fully underwater)
- Unassisted front float and recovery
- Unassisted back float and recovery
- Independent U-turns

Confident Beginner (5-7 years) 4:1

- Streamline gliding on front
- Arms by side gliding on back
- Streamline kicking on front
- Arms by side kicking on back
- Deep water confidence

Improver (5 years upwards) 5:1

- Freestyle kicking with arms
- Backstroke kicking with arms
- Rotation (horizontal + vertical)
- Dolphin Kick
- Breaststroke kick (up, out and around)

Beginner Breather (5 years upwards) 5:1

- Freestyle bilateral breathing (4 cycles)
- Backstroke (correct hand entry, rolling shoulders)
- Drop down push offs on front with 3 fly kicks
- Breaststroke arms
- Forward rolls

Intermediate Breather (5 years upwards) 5:1

- Freestyle 1 length (@ ½ length)
- Backstroke 1 length (@ ½ length)
- Breaststroke timing including breathing
- Drop down push off on back with 3 fly kicks
- Butterfly 3 cycles (no breathing)

Advanced Breather (5 years upwards) 5:1

- Freestyle 2 lengths (@ ¾ length)
 - Backstroke 2 lengths (@ ¾ length)
 - Breaststroke 1 length (@ ¾ length)
 - Butterfly ½ length (@¾ length)
 - Tumble turns
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