

Learn to Swim Pricing



Per Lesson\$15.00

Private Lessons

30 minute one-on-one\$60.00

(Minimum of 5 classes to be booked)

A second family member will receive 10% discount on the above fee (on presentation of same residential address)

Learn to Swim patrons enrolled in all 4 terms will receive a bonus of 6 x free Sunday family swim pass. *

** Valid during Christmas school holidays only.*

Accreditation



All our Instructors are members of the Australian Swimming Coaches & Teachers Association



60 Tank Street,
Gladstone Q 4680

Ph: 07 4972 6822

Email: aquatic@gladstonerc.qld.gov.au

Fitness, Health and
Leisure for Everyone



Learn to Swim Information

Effective 1 September 2014



What we do



Gladstone Aquatic Centre's Learn to Swim program is focused on water confidence and leading up to the level of competition. We have a strong emphasis on developing aquatic strategy and the competence of your child in an aquatic environment.

Our Instructors



Our team of Learn to Swim Instructors and Coaches are all professionally qualified and have been selected based on their knowledge, coaching skills, ability to communicate and build a relationship with your child.

How are lessons conducted?



All lessons are conducted in a specially designed and constructed indoor heated pool. Parent and Baby classes have a maximum of 8 children, Levels 1 & 5 have a maximum of 4 children and Levels 6 & 7 have a maximum of 6 children.

Lessons run from Monday to Saturday and coincide with school terms. Please see staff for class times.

Swimming Levels



Parent and Baby Level 1

(Approximately 4 months - 1 year)

Parent/carer must be in the water, this level introduces the child to aquatic environment. Parents become comfortable with handling young babies in the water. Babies become familiar and confident in the water. Children learn kicking, floating, submersion and monkeys through repetition, songs and activities.

Parent and Baby Level 2

(Approximately 1 - 2 years)

Parent/carer must be in water, this level will encourage and educate both child and parent on the basics of water safety, including survival skills. Builds child's confidence and skills through participation in activities and games.

Parent and Baby Level 3

(Approximately 2 - 3 years)

Parent/carer must be in water, this level introduces a kick board encouraging a strong straight kick and feel for the water. Increasing water confidence, water safety and survival techniques.

Parent and Baby Level 4

(Approximately 3 - 4 years)

Parent/carer must be in water, in this level children are now able to fully submerge and open eyes under water. With the assistance of parents and swim aids children will be able to swim 5 meters.

Once a child is 4 years or over, confident in the water and able to follow instructions they will progress to Level 1

Swimming Levels



Level 1

This is the first level without the aid of a parent/carer in the water. Child develops confidence, floating, submerging skills and independent swimming.

Level 2

Class builds basic stroke development, strong kicking action, overarm freestyle action and basic breathing techniques. Safety skills are also constantly developed and taught at this level.

Level 3

The class introduces all four strokes to children and aims to encourage the formal development of these, including correct techniques.

Level 4

This level enhances stroke technique, builds endurance and develops proficiency in all four strokes. Swimmers are introduced to lap swimming and lane etiquette.

Level 5

This level builds on technique and distance. Swimmers are competent and able to swim, rollover and return to required distance with correct technique.

Level 6

Swimmers can now confidently swim 100m with correct technique without stopping. 50m each of breast/back stroke with correct technique. 50m Butterfly with summersault and return.

Level 7

This level ensures swimmers have achieved both distance and time requirements to be squad ready. Must show understanding of time clock.