

LEARN TO SWIM LEVELS

1

WATER CONFIDENCE

Swimmers become comfortable submerging and working on buoyancy, body position and breath control

30 min lesson per week

2

WATER COMPETENCE

Swimmers become confident going from A to B using floating, gliding and kicking on their front and back

30 min lesson per week

3

FIRST STROKES

Swimmers are introduced to the basic freestyle and backstroke technique

30 min lesson 1-2 x per week

4

STROKE PROGRESSION

Swimmers develop their freestyle and backstroke, and are introduced to elements of breaststroke and butterfly

45 min lesson 1-2 x per week

All new members require a free swimming assessment. This ensures your swimmer is placed correctly for their level of ability.

To book your assessment, please email evo4swim@gmail.com