Personal Aquatic Survival & Swimming Program

EAST LAKES SWIM CENTRE
excellence in swimming & sports training

Infants
Parent in Water
30 mins

Starfish
(Beginner)
6-12 months
Class Ratio 1:8

Starfish Plus
(Beginnner/Intermediate)
12+ months
Class Ratio 1:8

Starfish Transition
(Advanced)
27+ months
Class Ratio 1:3

Assessment for independent learning

Pre-School
Independent Learning
2.5 - 5 years old
30 mins

Mini Octopus
Level Non-Swimmer
Aquatic Confidence & Self Preservation
Class Ratio 1:3

Mini Seahorse
Level 1
Freestyle/Backstroke
Class Ratio 1:4

Mini Turtle
Level 2
Freestyle/Backstroke/ Breaststroke Kick
Class Ratio 1:4

School Age
5+ years old
30 mins

Octopus
Level Non-Swimmer
Aquatic Confidence & Self Preservation
Class Ratio 1:3

Seahorse
Level 1
Freestyle/Backstroke
Class Ratio 1:4

Turtle
Level 2
Freestyle/Backstroke/ Breaststroke Kick
Class Ratio 1:5

Stingray
Level 3
Freestyle/Backstroke/ Breaststroke/Dolphin Kick
Class Ratio 1:6

Squads

Dolphin
Pre-Squad
All Strokes Timing
Max. Students 8 | 30 mins

Orca
Introduction Squad
Max. Students 8 | 45 mins

TAFS Marlin
Technique & Aquatic Fitness Squad | 1 hour

TAFS Mini
Technique & Aquatic Fitness Squad | 1 hour

TAFS Junior
Technique & Aquatic Fitness Squad | 1 hour

All levels include aquatic survial skills such as floating, sculling, treading water and clothed survival swimming