



Class Name	Ages	Details	Class Size
Parent & Baby Awareness	6 - 12 months	Parent in water.	Up to 9
Parent & Baby / Toddler	12 - 18 months	Parent in water.	Up to 9
Parent and Baby / Toddler Advanced	18 mths - 3 yrs / have come from previous levels / willing to submerge	Parent in water.	Up to 9
Crabette		First level with no parent in water. Introduces water safety & structured lessons. Beginning dog paddling/floating.	3
Crab	Beginners 3 - 5 years	Water safety, foating, dog paddling, back kicking progressing to unaided swimming. Introducing freestyle arms.	3
Lobster	Beginners 5 - 8 years	Introducing freestyle and backstroke once comfortable in the water.	4
Stingray	Beginners 8 to 10 years	Introducing freestyle and backstroke once comfortable in the water.	4
Turtle		Freestyle and backstroke.	4
Frog		Refining freestyle (bilateral breathing) and backstroke.	4
Snapper		Refining freestyle, backstroke and introducing breaststroke.	5
Barramundi		Freestyle, backstroke, breaststroke and butterfly kick.	6
Barracuda		Freestyle, backstroke, breaststroke, butterfly and introducing tumble turns.	7
Sharks		Working on technique of all strokes and endurance.	9
Minni Squad		45min lesson pre squad working towards Squads.	10