



City of
Wanneroo

WANNEROO AQUAMOTION
SWIM SCHOOL



LOCATED INSIDE CITY OF WANNEROO
AQUAMOTION ARE STATE-OF-THE-ART
AQUATIC FACILITIES, PROVIDING A
RANGE OF OPTIONS.

WANNEROO AQUAMOTION SWIM SCHOOL

Wanneroo Aquamotion Swim School is a highly regarded quality aquatic program and is:

- Austswim endorsed
(all teachers are Austswim qualified)
- Royal Life Saving Society endorsed
- Swim Australia registered

The Swim School provides a range of classes for all levels and abilities, allowing participants to progress as they improve. It operates in conjunction with school terms, with weekly half hour lessons over the course of the term.

Payment is made on a term-by-term basis, with full payment required at time of enrolment.

WHY LEARN TO SWIM?

Learning to swim offers a range of benefits to adults and children:

- Increases personal safety around water
- Great form of exercise
- Helps develop motor skills and improves co-ordination
- Improves social, emotional and physical development
- Builds confidence, strength and fitness
- Provides an opportunity to make new friends and have fun
- Aquababy classes provide an opportunity for bonding between parent and child

SWIM SCHOOL PROGRAMS

AQUABABIES PROGRAM: 6 MONTHS - 3 YEARS

The parent and baby program is based on early childhood principles of growth and development and is held in the hydrotherapy pool heated at 32 degrees celsius.

Swimming and safety skills your child can develop during Aquababies Swim Classes include water confidence, water familiarisation, safe entries and exits, reaching and climbing to safety, holding and supporting own body weight, floating, submerging, and movement through water.

Instructors work from a progression that is structured around the developmental needs of your child, using fun group activities, purposeful games and songs.

Aquababies Swim Classes have a maximum of eight participants and are 30 minutes in duration. Groups are structured by age so that children are cognitively and physically capable of performing similar skills. There are five levels of classes to cater for the needs of children from six months to three years-of-age.

“FROGS” PRE-SCHOOL PROGRAM: 3 - 5 YEARS

Swim School's Preschool Program is divided into four levels. Please contact the Swim School to determine the correct level for your child's needs.

All lessons are 30 minutes in duration and there is a maximum of four students in each class. Classes are held in both the hydrotherapy pool and leisure pools, depending on your child's ability.

Swim School's instructors create a positive and fun learning environment for your child. Lessons include safety skills such as floating, swimming to the pool edge and climbing to safety. Swimming skills taught progress from kicking and dog paddle to formal strokes.

SCHOOL AGE CLASSES

Swim School offer classes for school-age children that

are structured on the Royal Life Saving Society achievement certificates from Stages 1 to 12.

MINI SQUAD

This is an introduction to a coaching program for competent swimmers and offers an enjoyable, varied and comprehensive training session for fun and overall fitness.

ADULT LESSONS

This program caters for swimmers of all abilities aged 16 years and over. Classes are tailored to meet each participant's goal and are offered in a safe and pleasant environment. The lessons cover water familiarisation, introduction to strokes, stroke correction and endurance and fitness.

PRIVATE LESSONS

Private lessons are conducted on a one-to-one basis and are ideal for anyone requiring special attention for faster improvements. Class times are limited and are only available by special arrangement.

DOLPHIN PROGRAM

This program is specifically designed to cater for children with various special needs. Classes cover swimming skills and stroke correction, as well as water safety and survival techniques. Smaller class sizes allow instructors to concentrate more specifically on the special needs of each individual child.

Helpers or aides should be prepared to be in the water at certain times during lessons as required.

For some Dolphin students who require warmer water, classes will be conducted in the hydrotherapy pool.

4 Students: 1 Teacher. For students with mild to moderate support needs, whose skills or abilities are suitable for a smaller group setting.

2 Students: 1 Teacher. For students with moderate to high support needs, who require more intensive attention.

1 Student: 1 Teacher. For students with high support needs.

WANNEROO AQUAMOTION



"The City of Wanneroo is committed to improving community facilities to meet the needs of residents.

The \$13 million City of Wanneroo Aquamotion has been transformed into a first-class, state-of-the-art fitness and leisure centre and is just one of many initiatives that comprise the Wanneroo Town Centre Revitalisation Project.

I hope it brings you, your family and friends great enjoyment."

Jon Kelly, MAYOR



City of
Wanneroo **WANNEROO AQUAMOTION**

Civic Drive, Wanneroo

Monday to Friday 5.30am-9pm

Weekend and Public Holidays 7.30am-6pm

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