



BookSwim Level Finder

Splasher - Ages 3-5 years



Perfect for first-time swimmers, focusing on water safety, assisted entries and exits, and building comfort with floating, gliding, and blowing bubbles.



Swimmers will build independence by practicing safe entries and exits, jumping into chest-deep water, submerging with bubbles, and gliding on their front and back while wearing a lifejacket.



Children will practice jumping and sideways entries into deeper water with a lifejacket, retrieve objects from the bottom in waist-deep water, and build strength and technique in their front and back kicks and glides.



Confident swimmers will practice forward roll entries, treading water, swimming 5 metres of front and back crawl, trying interval training, and learning whip kick.



Advanced swimmers will practice independent entries into deeper water, open their eyes underwater, and begin swimming short distances on their front with a lifejacket, while developing side glides and kicks.

Swimmer - Ages 6-16 years



Perfect for beginners, kids will practice safe entries, breath control, and opening their eyes underwater while learning floats, glides, and basic kicks on their front and back.



Confident beginners will practice deeper water entries, staying afloat independently, and swimming 10 metres on their front and back while learning whip kick and starting flutter kick interval training.



Swimmers will advance their skills with dives, somersaults, and handstands while working toward 15 metres of front and back crawl, refining whip kick, and building endurance through longer flutter kick intervals.



Our most advanced swimmers will master stride entries, compact jumps, and lifesaving kicks, swim full lengths of all major strokes, perform 25 m head-up breaststroke sprints, and complete a 300 m workout to build strength and stamina.



Swimmers will refine dives, cannonball entries, eggbeater kicks, and backward somersaults while building endurance through 50 m front and back crawl, 25 m breaststroke sprints, and interval training.



Intermediate swimmers will practice 5 metres of underwater swimming, various strokes with breathing, 25 m front crawl sprints, and build endurance through 4 x 25 m front and back crawl intervals.



Specialized Lesson Finder

Private Lesson



Ideal for swimmers of all ages and skill levels, these one-on-one lessons provide personalized instruction with our experienced instructors.

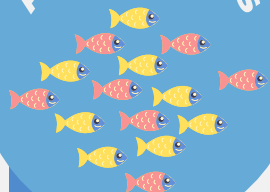
Designed for two swimmers from the same household with similar abilities, these lessons offer focused attention while learning together.

Semi-Private Lesson



Adult Lessons

Adult Lessons



Created for adults aged 18 and up, these group swim lessons provide a comfortable and encouraging environment. Instructors adapt each session to match the skills and progress of every swimmer, ensuring personalized support within the group setting.