



**Term 1 (May-June 2022)**

# SWIMMING LESSONS

**SWIMSURE**

SKILLS FOR LIFE



## Parent and Infant

(6 months to 18 months)  
(18 months to 3 years)



## Pre-school

(3-4 years)



## Beginner 1

Water Confidence / Learn To Swim



## Beginner 1 Advanced

Water Confidence / Learn To Swim



## Beginner 2

Learn to Swim/Beginner Strokes  
(must be able to swim 10 meters unaided)



## Intermediate 1

Lane Swimming/Technique development  
(must be able to swim 15 meters freestyle and backstroke)



## Intermediate 2

Lane Swimming/Technique development in all 4 strokes  
(must be able to swim 25 meters freestyle and backstroke)



## Advanced

Competitive lane swimming /Intro to Lifesaving  
(must be able to swim at least 50m in all three strokes)



At SwimSure, our goal is to provide students with confidence, skills and techniques needed to be safe in any aquatic environment encountered throughout life. Lessons include plenty of fun and engaging activities that will instill a love of the water from an early age, as well as develop good techniques and endurance in a range of strokes.

*Miranda Bundy - SwimSure Founder*



**Instructors:** **Miranda Bundy, Suzy Henderson & Melissa Sweeney.**

All ex-competitive swimmers and experienced teachers. We all work at ICHK HLY school and are a friendly, passionate and dedicated team.

**Age Group:** 6 months and above

**Schedule:** Please refer to Enrollment Form



Private Swimming Lessons are possible depending on the schedule. However, we recommend group lessons.

**For enquiries and sign up, please contact the Fitness Centre on 2657 8292**