

## NEW! Aquarena Swim School Infant Aquatics Program

The Aquarena Swim School has developed a specialised evidence based swimming program that will ensure your child is confident, capable and comfortable in aquatic environments. The specifically designed program for children aged 6 months to 5 years was developed by experienced industry professionals with a focus on child development, safety and positive water experiences. All our instructors hold Austswim Infant and Preschool Aquatic qualifications to teach your child skills suitable to their age and ability.

The first 3 levels are based on age and introduce infants to the swimming lesson environment. They also educate parents on the types of positive water experiences at home and in the pool that can be done to improve their child's water familiarity. The activities will prepare your child to be comfortable and aware in aquatic environments. Each skill requirement is specific to their physical and intellectual development. Located in the hydrotherapy pool, your child's first experience in a pool will be just like a giant bath.

**Jellyfish** - 6-10 months

**Guppy** - 11-18 months

**Seahorse** - 18-24 months

Our levels for 2 and 3 year olds are skill based rather than age based. We build on their fundamental movement skills and build their confidence as they become more confident with their independence. Each level allows child to begin to build their survival and safety skills, preparing them for the higher levels through fun activities. The penguin level (6) is where children start to do more activities without parent assistance and will eventually participate without parent involvement. These lessons are in the leisure pool, where children are able to discover with more freedom to run and jump and play.

**Snapper** - Age 2-3yrs

**Piranha** - Age 2-3yrs - Passed Snapper level

**Penguin** - Age 2-3yrs - Passed Penguin level

Our final 4 levels are also based on skills demonstrated, where children swim independently with their instructor. These levels cater for children who have never done swimming lessons before, to the experienced and confident water baby. These levels will develop basic swimming techniques, water independence and water safety. When your child has completed these levels, they move seamlessly into our Swim and Survive program for school aged children (pre-primary up).

**Manta Ray** - Age 3-5yrs - Never participated in swimming lessons - Swims independently – Not comfortable with full water submersion

**Dolphin** - Age 3-5yrs - Passed Manta Ray or Penguin - Participated in lessons before - Comfortable and confident with water submersion

**Walrus** - Age 3-5yrs - Passed Dolphin

**Orca** Age 3-5yrs - Passed Walrus - Very advanced swimmer. Must have excellent body positions and be comfortable demonstrating all Walrus skills.

If you have any questions about how to enroll into this new and improved infant program, please see our friendly staff and they will assist you.



City of  
Greater Geraldton  
Aquarena

