



Coaching



Development 45 minutes	Children consolidate the skills they have learnt in the Waiswim programme while developing and learning more advanced technical stages of each stroke.
Multi-Sport 45 minutes	This Squad is a non-competitive squad for children wanting to improve their fitness level and continue with improving their swimming technique.
Mini-Competition 60-90 minutes	This Squad also works on technique and athletes start competing in local and regional meets. Athletes are prepared with more specific skills.
Competition 90-120 minutes	This Squad caters for Division II, National Age Group and Open National Athletes. Technique and endurance are focused on in this squad. Athletes continue to learn the finer skills of racing and have the opportunity to attend clinics, camps and compete at local and national level.
Junior Masters 90 minutes	A non-competitive option for swimmers - develop your strokes and fitness in a fun environment. To complement surf, tri and other sports with extra fitness.

For days, times and prices please see our customer service team or alternatively give us a call on 0800 0924 794.

Dudley Park Aquatic Centre
Kaiapoi Aquatic Centre
Oxford Community Aquatic Centre

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