



Adult Lessons



Adult swimming lessons are available at Dudley Park Aquatic Centre on Wednesday evenings. These run in 5 week blocks.

Beginner 25 minutes	For the absolute beginner. This level will teach water confidence while encouraging submerging, working on floating skills and movement through the water. (maximum 4 per group)
Intermediate 25 minutes	This level is for the adult who can float and kick through the water but needs to learn their arm strokes and some basic breathing skills. You will learn how to put these two skills together while working on technique and body position. (maximum 4 per group)
Advanced 45 minutes	This 45-minute lesson will continue to work on your body position in the water and breathing. Working on your stroke technique to increase stamina through duration. (maximum 8 per group)

Prices	
Group	\$72.00
Individual	\$143.50

For availability, please contact reception. Individual and Group lessons are available on request at Dudley Park Aquatic Centre and Kaiapoi Aquatic Centre.

Dudley Park Aquatic Centre
Kaiapoi Aquatic Centre
Oxford Community Aquatic Centre

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