



Learn to Swim Term 4 - 2025

Commences: Monday 6 October 2025
General bookings open: Tuesday 16 September 2025

The focus of our programme is to provide children with a strong foundation of balance and body positioning in the water and then build on these skills. Learning to swim is a life skill and takes time.

Group Lessons (25 minutes)	
Levels	1 Building confidence: This level introduces children to the water and builds confidence while working on their floating skills. (4 children)
	2 Body positioning: Children learn to float unassisted and focus on the basic building blocks to good swimming techniques. (5 children)
	3 Movement through the water: Children build on the basic skills they have learnt with the introduction of arms and become more aware of how their body moves. (6 children)
	4 Introduction to breathing: Children continue to work on their arm stroke and learn the basic breathing skills and water safety. (6 children)
	5 Breathing through the water: Children continue to work on breathing and arm strokes, while transitioning into the lane pool (taught in both learners and lane pool). (6 children)
	6 Breathing: Children start to breath bi-laterally and start putting their breast-stroke arms and legs together. This is taught in the 25m lane pool. (6 children)
	7 Putting it together: Children swim freestyle, backstroke and breast-stroke with good technique and butterfly kick is introduced. (6 children)
	8 Competent swimming: Children continue to work on technique for all strokes but also have some distance swims added. (6 children)

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Lesson times			
Dudley Park Aquatic Centre		Kaiapoi Aquatic Centre	
Monday to Friday	3.30-5.30pm	Monday to Thursday	3.30-6pm
Saturday and Sunday	9am-12.30pm	Saturday	9am-12.30pm

Prices			
Class	Monday & Friday (9 weeks)	Tues, Wed, Thursday (10 weeks)	Saturday & Sunday (8 weeks)
Group	\$129.60	\$144.00	\$115.20
Individual	\$258.30	\$287.00	\$229.60
Shared	\$324.00	\$360.00	\$288.00

Individual lessons:
 one-to-one tuition, 15 minutes

Shared lessons:
 two-to-one tuition, 15 minutes
(two children at the same level)

- ## Registration information and conditions
- Some class times may vary. Please see reception for more details.
 - Payment is required at time of booking. A confirmation receipt will be issued on payment.
 - Waimakariri District Council Aquatic Centre reserves the right to cancel any programme where insufficient enrolments are received. A full refund will be issued under these circumstances.
 - Instructors may change from time to time due to circumstances beyond our control.
 - No lessons are held on public holidays or the weekend of public holidays.
 - Have your child poolside and ready for their lesson.
 - It is recommended not to eat within 20 minutes of entering the water.
 - It is recommended participants who have had diarrhoea do not swim for two weeks.