



Swim School

from babies to champions....it's what we love to do!

FIT KIDS

FIT KIDS lesson may include:

- 10 minute warm up outside (weather permitting)
- 400—500m warm up swim
- Stroke drills
- Survival strokes
- Time trials:50m/100m and for the brave 200m. Survival strode time trials are also included.
- Endurance swims

You will need to bring:

For outside

- Clothes
- Shoes (avoid thongs)

For in the water

- Bathers
- Towel
- Goggles
- Drink bottle

Class Times:

Competitive Stream

50m swims in all strokes with a reward system for achieving set times. The opportunity to do 100m individual medleys, 15 minute endurance swims and 400m freestyle, all with their own achievable rewards.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5.15—6.15pm		5.15—6.15pm		9.15—10.15am	10.00—11.00am

FIT KIDS has two streams of involvement one being traditional competitive the other water awareness and aspects of survival swimming. This gives the swimmer a chance to learn new skills and improve their technique in a low key competitive environment

Survival Stream

While learning the techniques involved in survival swimming there are rewards for achieving set goals in 10 m rope throw rescues, 50m swim and 50m tow and our own Supa Saver.

Iron Kid Challenge

Twice a year we will have an Iron Kid Challenge which will involve a run, warm up exercise set, survival swim and straight swim with the top three competitors gaining rewards for their efforts and each swimmer receiving a participation reward.

