Whatyoucanexpectfrom

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INANTAQUATICS: Forages6mmthsto5yeas TechesvelesseftyanlsuvialsHisforpaansandtheirchider Enhlessonin ropostessorgsandfinactivitiestoorste politivebruit geopoisnos Reentsomerpet tobein the vater with the child until Reng in when the parent will geduely step avay from involvement in lessons

SWIMANDSURVIVE Forchikhenpreprinaryageupvards Stages 1-15teachwatersafety, survival skills and stude technique Classes are based on the Royal Life Staving Society's Swim and Survive program The programencou ages progression towards the next level all the way up to the Bonze Starce tilicate

SUPERSHARKS: Squad like sessions which cater for swimmers who wish to improve their fitness, skills and studie technique while working towards joining as winning squad or improving their studie for school carrivals Also excellent for water poloplayers, and suffifies areas Must be Stage 6-.

SPROALTY & EXTENSION CLASSES:

ADULTEEGNNER Trisclassis designed for swimmers who may have a fear of the water and are not confident to submerge The aim is to develop water confidence and teach basic swimming skills

ADUTIADES ONLY BEGINNER Female only beginner adults winning class with a female instructor. This provides women fiormall cultural bad grounds the opportunity to learn to swim

ADULTINIERMEDIATE Foradults who are confortable in the water but not confident with specific swimming studies. They may have participated in the adult beginner classes and would like to develop betters wimming technique.

PARENIAL SUPERATION It is a requirement that children under the age of twelve (12) be accompanied by a parent or guardian whilst at the Aquarena Aparent or suitable guardian must deliver and collect the student firom their lesson Nochild under the age of twelve (12) will be allowed to walk over to a parent or guardian

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