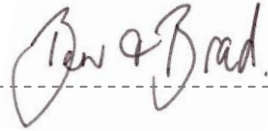


Enroll yourself and your children in our quality Learn To Swim, Stroke Development, Junior Squad, Senior Squad and Adult Training classes as continual practice can help to improve skill and proficiency in the water. Whilst our swimming classes are about learning and developing skills, we also ensure that you and your children enjoy yourselves and have fun learning. Happy Swimming!!!

See you soon,



Join us ALL YEAR in our INDOOR HEATED SWIMMING POOLS
Monday to Friday afternoons between 3.45pm and 6.30pm
Tuesday and Thursday mornings from 6.00am to 7.30am
and Saturday from 7.30am

Learn To Swim:

\$150 for a 10 class pass per term

Stroke Development:

One Term = \$200 for unlimited classes
or Squad Pass = \$140 per pass for 10 classes

Junior Squad:

One Term = \$225 for unlimited classes
or Squad Pass = \$140 per pass for 10 classes

Senior Squad:

One Term = \$250 for unlimited classes
or Squad Pass = \$140 per pass for 10 classes

Adult Training:

One Term = \$140 for 2 classes per week
(Tues & Thurs Mornings)



FAST LANE SWIM SCHOOL

Are you searching for quality swimming training that is affordable?

Join us at FAST LANE SWIM SCHOOL

Where little athletes are born!

We offer the following programs ALL YEAR in our INDOOR HEATED POOLS

Learn To Swim Stroke Development
Junior Squad Senior Squad Adult Training



For more information about our swim school, please contact us on:

Phone: **0414 183 973**

Email: **info@fastlaneswimschool.com.au**

Web: **www.fastlaneswimschool.com.au**

Facebook: **facebook.com/fastlaneswimschoolwellingtonpoint**



'Fast Lane Swim School' has grown and developed over the past fifteen (15) years, offering extensive and quality swimming education programs to females and males of all ages; from infants through to adults, from beginners through to advanced competitive swimmers.

And why do we love it? One very good reason – we help save lives! Learning how to swim is a very important part of a child's personal development. It is also an excellent physical activity that provides children with improved co-ordination, flexibility and posture.

Fast Lane Swim School provides valuable swimming and water safety awareness classes in a fun and safe environment all year; and you can be assured that in every class, all of our swimmers receive expert training and advice from our highly qualified swimming coaches.

We will help your children find the little athlete within; we believe in them.

Learn To Swim:

Our Learn To Swim classes are suitable for people of all ages; from 4 month old babies through to adults.

We cover all aspects in learning how to swim, including pool safety in and out of the water, entering and exiting the water safely, water confidence, breathing, stroke styles (freestyle, backstroke, breaststroke, butterfly), kicking, use of assisted pool equipment, pool diving, and perfecting underwater turns.

There are 9 levels in our Learn To Swim program; with the earlier levels providing the basis for getting to know the water in and out of the pool which in turn helps build confidence in the water and awareness, whilst the upper levels prepare you for increased involvement in water based activities.

Each level is designed to ensure your children learn every aspect of swimming, as well as offering challenges and allowing them to advance to the next level once confident with each technique.

Stroke Development:

Our Stroke Development classes focus on the development and correction of your stroke techniques, as well as introducing how to efficiently turn, dive and time yourself using the pace clock. By practicing and perfecting each stroke style, you will have the ability to swim at greater speeds and a better understanding of what drives your force through the water.

Junior Squad:

With continual guidance and support, your technique will develop allowing you to proceed to the next training class; the Junior Squad. This class offers continual stroke development training whilst enhancing your fitness levels. The Junior Squad further develops your technical skills of starting, turning and finishing, as well introducing speed into the swimming strokes.

Senior Squad:

The Senior Squad offers a more complex range of techniques advancing on skills already obtained throughout your time within the Junior Squad. Your practiced techniques and stroke styles will allow you to advance confidently into the competitive swimming environment, racing at regional, state and national carnivals.