

Conondale Swimming Pool

Each of our Learn to Swim groups is named after an animal found in the Mary River, which flows right past Conondale on its way to the coast. From the tiny Crayfish just starting out to the powerful Platypus finishing strong, every group takes its name from a local resident of our own river system.

WATER FAMILIARISATION AND LEARN TO SWIM GROUPS



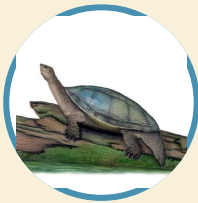
CRAYFISH

(6 mths - 3 years): Accompanied by a parent, the focus is on water familiarisation, water safety and fun. Songs and fun activities are used to develop confidence and exploration. This is a great bonding opportunity for both parents and our goal is to give parents the skills and confidence to practice with their child outside of lessons, developing a sound respect for the aquatic environment.



PERCH

(approx 3 - 4 years): This is a transition class from baby class to the infant being on their own with the instructor. Focus is still on water familiarisation and safety and independence is encouraged through experimentation. Skills learnt here are base swimming positions, doggy paddle, and kicking.



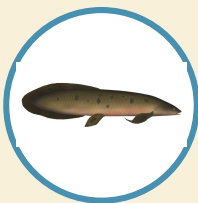
TURTLE

(4+ yrs): Focus is on developing independence in the water and the introduction of freestyle with breathing, backstroke and diving. Skills learned here are bubble blowing, side breathing, streamlining, freestyle kick, floating, backstroke arms, basics of diving and correct body positioning.



COD

Focus is on developing freestyle, backstroke and diving plus the introduction of breaststroke. Skills learned here are backstroke timing, freestyle bi-lateral breathing, sculling, breaststroke kick, standing dive and deep water swimming.



LUNGFISH

Focus is on strengthening the general swimming skills in freestyle, backstroke and breaststroke and the introduction of butterfly and tumble turns. Skills learnt here are butterfly kick, body rotation in backstroke, breaststroke arms and tumble turns. An increase in workload and distance is evident.



PLATYPUS

Focus is on more advanced swimming techniques and stroke correction while improving cardio-vascular endurance. Complete and continuous freestyle, backstroke, breaststroke and butterfly strokes are used in speed drills and competition practices introduced.