

Fun Fitness Accreditations

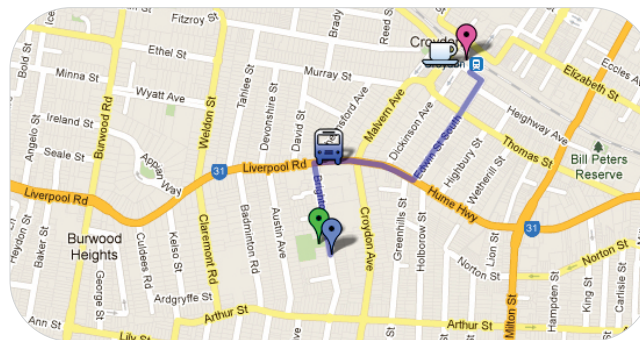
All instructors are AUSTswim/Swim Australia certified, Fun Fitness Swim School and Croydon Tennis Centre are registered with AUSTswim as a gold level swim school & Swim Australia. Health fund rebate available for eligible participating health funds. Contact us for more information.

Lessons are conducted in our enclosed heated 32° indoor salt water pool where we provide a safe, healthy and fun environment to enable our students to improve their skills.

Call us today on 1300 738 488 to arrange a free assessment and trial lesson or visit our website at www.fitnessfun.com.au to book & pay online.



IN ASSOCIATION WITH OUR FITNESS ARM



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**Fun Fitness offers
Learn to Swim Programs
for all levels and ages.**



What is Fun Fitness Swim School

Fun Fitness Swim School offers Learn to Swim Programs for all levels and ages. We start children from as young as 4 months old through to adults, for those who have never really mastered water confidence.

Our Learn to Swim Programs, in conjunction with all of our other tennis, fitness, dance & acrobatic programs will open up wonderful opportunities for healthy fun, personal achievement and independence for your family, in a safe, friendly, family oriented environment at Croydon Tennis Centre.

Our Learn to Swim class terms coincide with the school terms and our tennis terms.

Our Learn to Swim Program operates seven (7) days a week and we offer quality structured swimming programs designed to develop confidence, skill level and water safety for all students.

Our Learn to Swim Programs are graded according to skill level through assessment.

For you, it ensures peace of mind, knowing that they are safe in the water.



Parent & Child (Blue Tongue) Class 1 (4 -9 mths) - Parent and child are introduced to water familiarisation and water safety. The parent and child will be guided by a teacher in how to hold their child in the water, submersion techniques, floating, kicking and paddling skills. Groups of 8.

Parent & Child (Water Dragon) Class 2 (9 – 18 mths) - Parent and child will focus on improving their water familiarisation and water safety skills. Lessons will focus on the skill development of kicking, paddling, floating and submersions with the aim of being able to move short distances through the water, unaided. Groups of 8.

Little Turtles - Children are introduced to water safety and primary water skills. Through water play and repetition, little ones will learn floating and submersion. This is a non-parent class.

Turtles - This class is a transition class between water familiarisation and learn to swim. Turtles will be introduced to basic skills needed for swimming: floating, kicking, and submersion. It is expected that parents may need to attend some classes.

Jelly Fish - The aim is to develop confidence, mobility and independence in the water. Children are introduced to basic water skills needed for swimming: floating, kicking, blowing bubbles and submerging.

Starfish - A class designed to develop early freestyle, early backstroke through floating on back, torpedo arms through to the start of big arms. Starfish will learn basic water skills: floating, kicking, submersion and water mobility.

Seahorse - Advanced beginners where children learn the fundamentals of full freestyle and full backstroke with a goal of swimming 2 – 4 laps.

Seals - Children learn the correct technique for freestyle breathing, backstroke, the introduction of early breaststroke kick with torpedo arms and some deep water skills. At this level, Seals will be expected to swim 6 -8 laps of freestyle and backstroke.

Dolphins - The introduction of dolphin kick technique to early butterfly, with a progression towards swimming 25m of each with good technique. Aimed at further developing full freestyle with correct technique for bilateral breathing, full backstroke and full breaststroke technique.

Marlin - The introduction of the full butterfly with sound technique. There is also further development of freestyle, backstroke, and breaststroke techniques. There are 2 streams in this level: Stream 1 is working towards swimming 50M of each stroke. Stream 2 is working towards swimming 100M of each stroke, with a heavy technical focus, diving and tumble turns.

Fun Fitness Swim Programs

Holiday Intensive Swim Programs

Each school holidays Fun Fitness Swim School conducts intensive Learn to Swim Programs and clinics for children.

Our intensive programs run for 5 consecutive days with children attending one 30 minute lesson each day. These are a great way to achieve fast results in confidence and swimming skills.

Clinics are also held specialising in learning to dive and tumble turns. Contact us for dates and details of upcoming programs.

You do not have to be enrolled in our term program to register for our Holiday Intensive Swim Program.

Adult Classes

Adult Learn to Swim - Classes have been designed for adults with no swimming ability and would like to improve their stroke.

Adult Stroke Development - These classes are for adults who have some swimming ability and would like to improve their technique.

Private & Special Needs - One to one instruction for any age and any ability is available, suiting those people who desire extra attention.

Private Lessons and Semi Private Lessons

We offer private lessons and semi private lessons for all levels. This option is often popular when confidence building is required. Lesson packs are also available.

We also organise private group lessons, for friends and/or family. Please note however, if students are of different swimming ability then we recommend the individual private lesson option above to achieve maximum benefit.

