



# ADULT LEARN TO SWIM & AQUA FITNESS

# Adult Learn to Swim

## Beginner

Our expert and dedicated staff are here to guide you through the foundations of swimming techniques, ensuring a safe and enjoyable learning experience.

In this program, we understand that everyone has **unique goals and challenges** when it comes to swimming. That's why our experienced instructors tailor the lessons to your individual needs, helping you build a strong foundation and develop essential skills.

Our patient and supportive instructors will work closely with you, providing clear instructions and demonstrations, to help you grasp the fundamental techniques necessary for a confident and efficient swim. From mastering basic strokes and breathing techniques to improving your water confidence, we prioritize your progress and ensure that you feel comfortable every step of the way.

## Intermediate

This program is specifically designed to help you refine and enhance your swimming technique, bringing you closer to your goals in the water. Our dedicated team is here to collaborate with you, ensuring that each session is personalized to meet your specific needs and aspirations.

At this stage, we understand that you may have already acquired basic swimming skills and are ready to take your abilities to the next level. Whether you want to enhance your speed, endurance, or stroke efficiency, our experienced instructors will work closely with you to create a tailored program that addresses your individual goals.

If you're ready to elevate your swimming abilities and achieve your swimming goals, our Intermediate Adult Learn to Swim Lessons are the perfect fit.

# Aqua Fitness

## Lite



This class is specifically designed to support your fitness goals, this program offers a low-impact exercise experience that helps you maintain mobility, improve balance, build strength, and enhance flexibility.

## Strength



This dynamic water-based workout is designed to help you build a stronger body, enabling you to enjoy optimal health and excel in your everyday activities. With exercises that can be adjusted to suit your individual needs, health, and goals, this class provides a fun and adaptable fitness experience.

## Cardio



Designed to keep you moving and energized, this 60-minute workout will push your cardiovascular endurance to new heights, regardless of your fitness level or goals. Join us as we embark on a variety of engaging activities, including water walking, running, and even a splash of swimming skills.





LEARN TO SWIM

[splash.com.au](http://splash.com.au)