


The logo for 'Qualified' is a green rounded rectangle with the word 'Qualified' in white. To the right of the text is a small red icon of a swimmer.

Aquatic Programs and Training

Passion-Access-Respect-Learning

A photograph of a young girl swimming underwater. She is wearing a white swimsuit and has a joyful expression, with her hand near her face. The water is clear blue with bubbles around her.

*"To enrich lives of all through participation
and enjoyment of aquatic programs"*

Class Descriptions

Beginner LTS

For swimmers (4yrs+) that are learning water familiarization skills and water confidence. Swimmers will learn how to float, perform safety jumps and learn basic freestyle arm patterns with no breathing pattern.

Advanced LTS

For swimmers that are comfortable in the water and have learnt basic freestyle arms. They will be introduced to freestyle breathing pattern and backstroke kicking with basic backstroke arm pattern.

Stroke Development

For swimmers that can swim freestyle with correct breathing pattern (single or bilateral) for at least 12½m consistently with good technique. They can perform basic backstroke kicking arm pattern. They will be introduced to breaststroke kick and basic arm patterns.

Advanced Stroke Development

For swimmers that can swim freestyle for at least 25m consistently with good technique. They can perform backstroke for 12½m consistently with good technique. They can correctly perform breaststroke kick and are learning breaststroke arm pattern. They will be introduced to butterfly, turns and finishes of each stroke

Mini Squad

For swimmers that can swim freestyle 50m, backstroke and breaststroke 25m with good technique. They can perform basic butterfly for 12½m. Swimmers will be introduced to basic competition skills and will improve their starts, turns and finishes in respective strokes.

Junior Squad

For swimmers that can swim freestyle 100m, backstroke and breaststroke 50m with good technique. They can perform basic butterfly for 25m. Swimmers will refine competition skills and their starts, turns and finishes in respective strokes.

Senior Squad

For swimmers that can swim freestyle 200m, backstroke and breaststroke 100m with good technique. They can perform basic butterfly for 50m. Swimmers will improve their refine competition skills and their starts, turns and finishes in respective strokes.