

Fast Lane Swim School offers unique training and education on water safety and swimming development through our industry approved program, allowing us to be committed to your children's success in the water.

At Fast Lane Swim School's purpose built facility, you can be assured that in every class, you receive expert training and advice from our highly qualified swimming coaches. Our industry approved programs have been specifically designed by the best minds in swimming and proven over many years.

#### **An encouraging learning platform - from Learn To Swim to Squads**

Fast Lane Swim School's expert teaching methods are designed to fast track your child's confidence in and around the water, in a fun and enjoyable environment. Classes are available for all ages; from infants through to adults, from beginners through to advanced competitive swimmers.

- Two purpose built Learn To Swim & Squad pools
- First class industry approved programs
- Classes from 4 months of age
- Free Learn To Swim assessment
- Small class sizes allowing personal attention
- Constant feedback from teacher to parent
- Indoor heated pools - all year
- Bathroom facilities equipped with hot water showers
- Continual running program
- Free class make-up policy each block (max 3 classes)
- Classes available 6 days a week - Monday to Saturday
- No annual membership fee
- For your convenience, bookings are automatically carried forward to each new block
- We are closed all Public Holiday's and offer a free make-up class in lieu
- Standard 12 week blocks (subject to change)

# FAST LANE SWIM SCHOOL



#### **We will help your children learn how to swim - the right way, we believe in them.**

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.

Each member of our fully qualified team are specialists in their field, sharing in more than 40 years of experience in the learn to swim profession.






## CONTACT DETAILS

0414 183 973

Within the grounds of Redlands College, 38 Anson Road,  
Wellington Point (next to the Sports Hall)

## LEARN TO SWIM - THE RIGHT WAY

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# LEARN TO SWIM:

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.



## SQUIRT

Babies  
Level 1 (4 to 6 months)  
Level 2 (6 to 12 months)



## SEAHORSE

Babies  
Level 1 (12 to 18 months)  
Level 2 (18 to 24 months)



## JELLYFISH

First Level Without Parent  
Approximately 2 ½ years of age

### 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 practising 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.

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.



## STARFISH

Competent Paddlers / Kickers –  
Arms and Legs



## TURTLE

Learning Big Arms



## STINGRAY

Learning Bubble Breathe & Big Arms

### SENIOR SQUAD:

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

### ADULT SQUAD:

This squad offers coaching and training for all types of adult swimming levels; for those who simply just wish to increase their fitness, as well as competitive swimmers training for their next big event. The Adult Swimming Squad will help you become more confident in the pool, help you to develop the correct stroke technique as well as increase your fitness and health. Our classes are specifically designed to suit your individual needs, with a tailored training program helping you to reach your personal goals in and out of the water.

Our Learn To Swim classes are suitable for children of all ages; from 4 months of age. 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.



## SHARK

Combining Breaststroke



## ORCA

Learning Butterfly



## DOLPHIN

Competent Stroke Stylers

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