

## Why Choose St Cuthbert's Swim School?

## Baby, Toddler and Pre-School Lessons



### Confidence in the Water Starts Young

Learning to swim is a vital life skill, for enjoyment and for survival. Ensure your child receives the very best instruction by joining the St Cuthbert's Swim School.



#### ★ Award Winning Service

The award-winning St Cuthbert's Swim School is committed to providing the best swimming experience for all ages and stages, from babies and toddlers through to advanced swimmers.

#### ★ Small Class Sizes

Our small class sizes ensure your child receives close attention from our qualified and professional instructors as they learn alongside children of similar abilities.

#### ★ Exceptional Facilities

Beginner lessons are held in our Learners' Pool, a smaller space where skills and confidence are built before children move to our larger 20 x 25-meter swimming pool.

#### ★ Ultimate Comfort

Your and your baby's comfort is paramount so our Learners' Pool is set to a higher temperature than our Main Pool and its UV-treated water means reduced chlorine levels and fewer irritants for young, sensitive skin and eyes.

#### Booking Details

Swimming lessons run on a Term-by-term basis but with the convenience of the bookings automatically rolling over to the next Term - this gives the confidence that your child's spot is secured.

We run separate intensive lessons during the school holidays - classes every day - a great way to boost your child's swimming and fitness ability.

Prices vary per class, see individual sections for specific cost.

#### ★ 3 - 36 months | 30 mins | Maximum students per class: 6

**Class levels:** [Waterbabies](#) | [Aquabubs](#) | [Pufferfish](#) | [Turtletots](#) | [Starfish](#)

Our Parent and Baby Swimming Lessons focus on getting your baby comfortable in the water and teaching basic coordination and early survival skills. What's more, because you're in the pool with them, it's a great bonding experience. Once your baby learns to love being in the water, they're in a great position to start learning to swim.

We look forward to welcoming you and your baby to these classes which run seven days a week.

Lessons are \$22 for the first session each week, with 25% off all subsequent lessons in the same week.

#### ★ 3 - 5 years | 30 mins | Maximum students per class: 3

**Classes levels:** [Jellyfish](#) | [Seahorse](#) | [Flippa](#) | [Nemo](#)

By three years of age, your child is itching to get out and swim on their own - it's remarkable how quickly their coordination and confidence grow. Our Preschool swimming classes focus on the fundamentals of learning to swim incorporating basic water skills, water safety and increasing enjoyment in the water.

Class levels are set by ability rather than by age, so your child can move to the next level as soon as they are ready.

Our Preschool Swimming Lessons run seven days a week from Monday to Sunday.

Lessons are \$22 for the first session each week, with 25% off all subsequent lessons in the same week.

## School Age Lessons

- ★ Children aged 5+ years | 30 mins | Maximum students per class range: 4 - 6 (dependent on level)  
Class levels: [Otters](#) | [Sealions](#) | [Kingfish](#) | [Swordfish](#)
- ★ Children aged 5+ years (who haven't learnt to swim before) | 45 mins | Maximum students per class range: 4 - 6  
Class level: [Kohi](#)
- ★ Children aged 5+ years | 45 mins | Maximum students per class range: 7 - 8 (dependent on level)  
Class levels: [Bethells](#) | [Muriwai](#) | [Karekare](#) | [Piha](#)
- ★ Children aged 5+ years | 1 hour | Maximum students per class range: 7 - 8 (dependent on level)  
Class levels: [Junior Squad](#) | [Senior Squad](#)

Swimming lessons at school age focus on developing a sound technical swimming base so your child is confident with different strokes. We continue to emphasise water safety as well, so your child can build confidence while having fun.

St Cuthbert's Swim School also offers a special programme over the holiday period so your child doesn't lose momentum.

Lessons are \$22 for the first session each week, with 25% off all subsequent lessons in the same week.



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## Adult Lessons and Waterpolo Swim Squad

### Adult Lessons 16 years+ | 45 mins | Maximum students per class: 7

#### Beginner | Intermediate

Do you yearn to swim with confidence but have never really mastered it or maybe even never learned at all? We're the place for you. It's never too late to improve your swimming skills. Our Adult Learn to Swim classes are designed to teach you all the technical elements of swimming that you might have missed.

These levels, as with all our swim school levels, are set by ability which allows you to move to the next level as soon as they have attained the required criteria. These swimming classes run all year round and are 45 minutes long.

### Waterpolo Squad

#### The sessions are suited for 12+.

Our Water Polo Swim Squad offers technical, conditioning and fitness work for water polo players! The squad runs water polo-specific swimming is designed to help players gain and maintain fitness, plus learn valuable swimming techniques and stroke instructions! This squad is great for all water polo players looking to elevate their fitness and speed!

We offer designated lanes based on speed, technique and overall fitness level as well as high-level coaching from top-level water polo coaches and players.

The squad runs on Monday, Tuesday and Thursday in two-time slots. 4-5 pm or 5-6 pm.

Cost: \$250 per term, can swim as many times as you like on the offered days!

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## Where and How to Find Us?



122 Market Road, Epsom, Auckland 1051 (inside College grounds)

### Get in Touch!

Contact us to find out more about lessons, to arrange a free swim assessment for your child/ren and to make bookings.

09 520 8272

[swimbookings@stcuthberts.school.nz](mailto:swimbookings@stcuthberts.school.nz)

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SCAN THE QR CODE BELOW



TO FILL OUT OUR CONTACT FORM

A 122 Market Road, Epsom, Auckland