

5 Star Swim Schools

are recognised as the leading aquatic education facilities on the Central Coast.

Our professional, friendly and expert team keeps up to date in the latest teaching and coaching techniques.

Our staff are accredited through Swim Australia and the Australian Swimming Coaches and Teachers Association.



OUR POLICY

We offer quality instruction that aims for progression and perfection each lesson and allows each child to reach their full potential in a non- threatening environment.



KINCUMBER

4369 1321

102 Avoca Drive Kincumber

4368 2422

2 Hawke Street Kincumber

ERINA

4365 0024

17 Bonnal Road

Erina

WYOMING

4328 4222

1/11 Brooks Avenue

Wyoming

Kincumber – Avoca Drive

17m Indoor Heated Pool

Kincumber – Hawke Street

25m x 6 Lane Indoor Heated Pool

+ 10m Heated Teaching Pool

Erina

25m x 7 Lane Indoor Heated

Training & Teaching Pool

Wyoming

25m x 5 Lane Indoor Heated Pool

+ 11m Heated Teaching Pool

Inspections Always Welcome



*Babies
to Champions*

kincumberswimcentre.com

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5 STAR PROGRAMS



Please see separate detailed brochures for specific information on each of our programs or visit our website kincumberswimcentre.com

★ 5 STAR BABIES: 4 – 18 months

★ SUPERBABES: from 18 months



Starting a swimming program early encourages a lifetime of participation and enjoyment in the water.

With parent/caregiver as the co-teacher in the pool, your baby will learn through a structured program carefully designed to develop safety, confidence and co-ordination in the water. Interactive songs, games and activities are used to develop skills with

a fun, loving, child-centered atmosphere. Classes are half hour once per week and run over a 10-week term.

★ AQUATOTS: from 2½ years

Specifically for graduates of Superbabes. With no more than 3 per class, designed to develop independence without the parent in the water. Your instructor will advise when to move to this class.

★ LEARN TO SWIM

5 Star Swim Centres provide your child with all the skills they will need not only to survive, but thrive in the water. We've created a bright and positive learning atmosphere where children are taught in a safe and loving environment. We recognise that each child is an individual with different emotional and developmental abilities and we cater each lesson to those needs. In addition to teaching the skills of swimming, we also strive to develop self-esteem, confidence and a love for the water. A happy, confident swimmer is a gift that lasts a lifetime.

★ PRESCHOOL

Our pre school program caters for beginners to stroke tuition from 2½ years. Small graded groups with a maximum of 4 children ensure your child receive the individual attention they deserve.

★ SCHOOL AGE

Small graded classes progressing through the 4 competitive strokes – Freestyle, Backstroke, Breaststroke and Butterfly. The emphasis is on developing excellent technique to provide the perfect base for a lifetime of swimming.

★ SQUADS

Squads at 5 Star Swim Centres cater for swimmers who want to achieve in the pool, surf or for general fitness. Our philosophy is to teach great technique combined with speed and endurance. We boast a history of champions in both pool and surf, who achieved their success through great technique. Our coaches are qualified with Australian Swimming and keep up to date with all the latest techniques. Individual assessments with one of our qualified coaches are very welcome.

★ ADULT SWIM FIT SQUADS

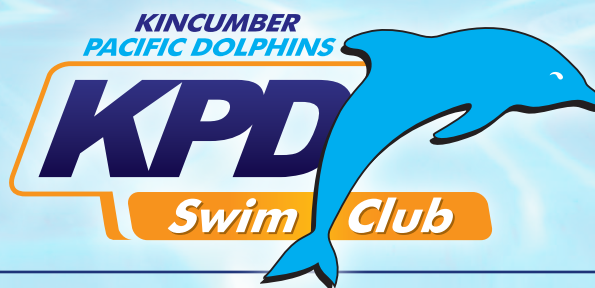
For all levels of swimmer from beginners to high level competitive athletes. These groups improve stroke technique and fitness. Whatever your focus, our qualified coaches will work with you to design a program that will help you achieve your personal goals. Morning and Evening Squads.

★ AQUAROBICS

Aquarobics is an ideal way to improve your aerobic fitness and body tone. Suitable for all ages and fitness levels, our qualified instructors will ensure your needs are catered to during these fun, non-impact classes. Ideal for any person with muscular or joint problems. Classes run daytime and evenings.

★ GENERAL LAP SWIMMING

Swimming is the best way to get and stay fit. See separate timetable for all Adult Programs.



Please see our Swim Club Flyer for further information or visit Kincumber Pacific Dolphins website by following the link on:

★ PACIFIC DOLPHINS SWIM CLUB

For swimmers of all abilities who like to race!

Friday night races for Swim Club Members are graded according to ability rather than age and reward personal best times rather than place in the race.

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