

WATER PARK & CHILDREN'S PARTIES

Our waterpark caters for children 10 & under; it's a favourite with many families for children's parties. Other pools can also be used for parties for older children or adults.



OUR PROGRAMS

- Babies & Toddlers
- Learn to Swim
- Squad
- Intensive Programs
- Aqua Aerobics
- Lap Swimming
- Parties

OUR FACILITIES

- All pools heated
- Hydrotherapy & baby pool
- 25 metre indoor pool
- 25 metre outdoor pool
- Water park
- Togs & accessories shop



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BUNDABERG SWIMMING ACADEMY

**FIRST
LESSON FREE
FOR UNDER
3's!**





EXPERIENCED PROFESSIONAL FAMILY FRIENDLY

CALL US TODAY
TO JOIN THE FUN!

We offer a wide variety
of services to encourage
swimming and fitness.

BABIES & TODDLERS

- Educational water familiarization program, helping to develop:
 - Water confidence & mobility
 - Breath control
 - Survival skills
- Fun classes with water games and songs
- 3 levels, from 6 months - 3 years
- 30 minute classes
- First lesson free!



AQUA AEROBICS

- A range of classes are held in our indoor 25 metre heated pool
- They have many benefits:
 - Buoyancy allows for easier exercises compared to dry land
 - Water resistance helps tone muscles
 - A good workout for the heart, muscles, joints and mind
- Our program caters for all fitness levels and abilities

LAP & RECREATIONAL SWIMMING

Our facilities are available for lap and recreational swimming; please see website for availability.

www.bundabergswimacademy.com



LEARN TO SWIM

- 5 levels, from beginners to mini-squad
- Indoor heated facilities: year round program
- Small class sizes
- Classes run morning, afternoon, and Saturday
- From 3 years of age
- Fully qualified instructors
- Ability-based classes: children's progress is monitored and adjusted as needed.

PRIVATE LESSONS

Private lessons are available when a suitable lesson time is available. These can provide 1-on-1 teaching which are great to get up to speed.

SQUAD

- 4 qualified coaches, including Paul Simms & Scott Hamlet (Silver Level coaches)
- Train Monday - Saturday: from 1 - 10 sessions per week (as often as you want)
- Caters for all levels: Developing to Nationals

INTENSIVE PROGRAMS

- Held during school holidays
- One lesson per day for 5 days (same teacher)
- Children's skills dramatically improve
- One week of intensives can often be better than 10 weekly lessons

Swimming lessons are a gift for life!