elixr
SWIM SCHOOL

LITTLE ROCKETS LEVELS

LITTLE ROCKETS 1

3 - 3.5 years
Unable to swim independently
2 Students: 1 Instructor
Duration: 30 Minutes

KEY SKILLS
- Safe entry & exit
- Assisted swim arounds
- Assisted body roll
- Breath control
- Confidence without parent

KEY BENEFITS
- Develop safety skills
- Stimulate senses
- Reach & grab skills
- Coordination

KEY FEATURES
- Warm pool
- Small Class
- Poolside change areas
- 3 hours free Westfield parking

KEY EQUIPMENT NEEDED
- Aqua nappy (non-toilet trained)
- Soft swim cap
- Goggles

LITTLE ROCKETS 2

3.5 - 5 years
Swimming 2m front and 2m back
2 Students: 1 Instructor
Duration: 30 Minutes

KEY SKILLS
- Safe entry & exit
- Assisted swim arounds
- Assisted front stroke
- Assisted back stroke
- Assisted body roll
- Assisted pop ups

KEY BENEFITS
- Develop safety skills
- Develop confidence
- Reach & grab skills
- Coordination

KEY FEATURES
- Warm pool
- Small Class
- Poolside change areas
- 3 hours free Westfield parking

KEY EQUIPMENT NEEDED
- Aqua nappy (non-toilet trained)
- Soft swim cap
- Goggles

LITTLE ROCKETS 3

4 - Primary School
Swimming 3m front and 3m back
2 Students: 1 Instructor
Duration: 30 Minutes

KEY SKILLS
- Safe entry & exit
- Independent freestyle 3m
- Independent backstroke 3m
- Unassisted body roll
- Unassisted breaststroke
- Unassisted butterfly legs

KEY BENEFITS
- Develop safety skills
- Coordination
- Develop motor skills

KEY FEATURES
- Warm pool
- Small Class
- Poolside change areas
- 3 hours free Westfield parking

KEY EQUIPMENT NEEDED
- Soft swim cap
- Goggles

LITTLE ROCKETS 4

4 - Primary School
Swimming 5+m front and 5+m back
2 Students: 1 Instructor
Duration: 30 Minutes

KEY SKILLS
- Safe entry & exit
- Independent freestyle 5m
- Independent backstroke 5m
- Independent body roll
- Unassisted breaststroke
- Unassisted butterfly legs

KEY BENEFITS
- Develop safety skills
- Core strength
- Motor skills
- Endurance

KEY FEATURES
- Warm pool
- Small Class
- Poolside change areas
- 3 hours free Westfield parking

KEY EQUIPMENT NEEDED
- Soft swim cap
- Goggles