

# LEARN TO SWIM



**32°**  
Warm  
Water

# WE GUARANTEE THE QUALITY OF OUR LESSONS

## OUR LESSONS:



### EARLY CHILDHOOD

**AGE: 3 MONTHS - 3 YEARS**

Our early childhood programme welcomes children from 3 months to 3 years old. Each child is accompanied in the water by a parent or caregiver, with the teacher also in the pool guiding a fun and structured lesson.



### PRESCHOOL & SCHOOL AGE

**AGE: 3 - 5 YEARS & 5 - 13 YEARS**

From beginners to stroke development, children build their swimming skills through fun, age-appropriate activities. They progress through ability-based levels that focus on improving technique and building confidence in the water.



### SHARKS SCHOOL AGE

**AGE: 5 YEARS + SUNDAY FREYBERG POOL**

Our skill-based programme is designed to develop confident, capable swimmers in the big pool. It serves as a great transition into club swimming, other water sports, or simply as a weekly fitness option for those wanting to stay active in the water.



### TEENAGE LESSONS

**AGE: 13-18 YEARS OLD**

Our private pools provide a supportive and comfortable environment for teenage swimmers, with individual lessons tailored to their needs and goals. At Easyswim, we believe swimming is a skill everyone deserves to have the opportunity to learn.



### PRIVATE & ADAPTED

**AGE: 3 YEARS +**

Private lessons are a great way to boost progress, with each session customised to suit the swimmer's individual needs and learning pace.

For children with diagnosed conditions, medical needs, or high support requirements, we also offer Adapted Lessons – designed to provide the extra support they need to thrive in the water.



### ADULTS

**AGE: 20 YEARS +**

Adult swimming classes are a great way to build fitness, boost confidence, and feel more at ease in the water. With a focus on technique and comfort, our lessons support adults at every stage – whether you're just starting out or looking to refine your skills, our private pools offer a relaxed, supportive setting for learning.



### HOLIDAY PROGRAMMES

**PRE SCHOOL & SCHOOL AGE**

Our holiday programmes are intensive block courses that run over 3–5 consecutive days, offering a great way to fast-track swimming progress. These programmes are available at various pools during school holidays.



### POOL PARTIES

**SATURDAY AFTERNOONS**

Easyswim offers private pool party bookings on Saturday afternoons. Each session runs for 1 hour and 45 minutes and includes access to paddle boats in one half of the pool, while the other half is filled with a variety of toys and equipment to keep everyone entertained.