Pymble Swimming

Pymble Ladies' College

LEARN TO SWIM



www.pymblelc.nsw.edu.au/swimming



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Welcome to Pymble Swimming

Welcome to the *Pymble* Learn to Swim program.

Learning to swim is one of the most important life skills a child can develop, and we feel privileged to be part of your family's swimming journey.

Our goal is simple: to help every swimmer build confidence in the water, develop strong technique and genuinely enjoy their time in the pool. We believe confidence, technique and enjoyment all work together. When a swimmer feels safe, supported and happy in the water, they are more willing to try new skills, build strong technique and continue progressing.

From the first lesson, our focus is on building strong foundations and teaching correct technique. These early skills help swimmers move more confidently and efficiently through the water as they progress – whether they continue through our Learn to Swim program, move into a Squad Swimming program, or simply develop a lifelong love of swimming.

Every child learns at their own pace. Our experienced teachers are here to guide, support and encourage each swimmer. We look forward to working alongside your family to help your child grow in confidence, skill and enjoyment in the water.

We are delighted to welcome you to the *Pymble* Swimming community.

How to use this handbook

This handbook is designed to be your go-to guide once your family has joined the *Pymble* Learn to Swim program. It explains how the program works, what to expect, and where to go when you need support.

The *Pymble* Swimming Parent Portal is where families can manage their bookings and view the current classes available to book. Full policy terms and conditions are also available through the Parent Portal.



Our Learn to Swim philosophy

Our Learn to Swim program is designed to build safe, confident and capable swimmers through strong foundations, consistent teaching and purposeful progression. At the heart of everything we do is a focus on safety, confidence and strong technique, helping children learn to enjoy and respect the water for life.



Safety

Water safety is never an afterthought. From the first lesson, swimmers are taught the skills, confidence and awareness they need to stay safer in and around water.



Technique

We teach correct technique from day one, with each skill practised over a controlled and consistent distance. This is not about how far a child can swim – it is about making sure they are swimming well before they swim far.

By keeping the focus clear and the distance appropriate, our teachers can watch closely, give feedback and correct skills early. This helps swimmers build strong habits from the beginning, rather than habits that need to be unlearned later.



Progression

Learning to swim is a pathway. Every swimmer in our program is building real, lasting swimming ability, along with the confidence to continue developing.

For some swimmers, this pathway may lead into squad swimming. For others, it may mean continuing to refine their skills, enjoy recreational swimming, or simply feeling confident and capable in the water for life.

Every child learns at their own pace. When swimmers feel safe, supported and appropriately challenged, they are more likely to enjoy their lessons, build confidence and feel proud of what they are achieving.

We see this every week: confidence and competence make swimming fun.

The Learn to Swim journey

From first splash to confident swimming – a clear pathway every step of the way.

Our Learn to Swim program is structured as a clear, progressive pathway. Each stage builds on the skills developed in the one before, helping swimmers grow in confidence, safety, independence and technique.

Parent assisted water confidence > water confidence and independence > swimming foundations > stroke development

This journey begins with supported water confidence in our parent-assisted classes, before progressing into independent water skills, strong swimming foundations and stroke development.

For swimmers who wish to continue beyond Learn to Swim, this pathway can also connect naturally into our Squad Program. See more information available in 'Beyond Learn to Swim' later in this handbook.



The Pymble Swimming skills journey

A clear, progressive pathway that builds confidence, skills, and a lifelong love of swimming.

1 Parent-assisted water confidence

Early water familiarisation, safety and confidence with parent support.

PRE-SCHOOL ONLY



STARFISH



HERMIT CRAB



LOBSTER

2 Water confidence and independence

Building confidence, safety awareness and movement skills without a parent in the water.

PRE-SCHOOL AND SCHOOL AGE



BLUE RINGS



SEAHORSE

3 Swimming foundations

Developing the core skills needed for strong, safe and confident swimming.

PRE-SCHOOL AND SCHOOL AGE

SCHOOL AGE



CLOWNFISH



TURTLE

4 Stroke development

Refining technique, increasing distance and preparing swimmers for their next stage.

SCHOOL AGE ONLY



CROCODILE



SEAL



TIGER SHARKS

Our levels, explained

Below is a simple overview of each level and its main focus. More detailed information about each level follows, helping families understand what swimmers are working towards at each stage of the program.

Blue Rings, Seahorse and Clownfish are offered for both pre-school and school-age swimmers. While the skills focus remains the same, pre-school and school-age swimmers are timetabled into separate classes so that children are learning alongside others of a similar age and stage.

Pymble Swimming levels overview

STAGE NAME	LEVEL	FOCUS
1 Parent-assisted water confidence	Starfish 	Early water confidence and familiarisation with parent/carer support.
	Hermit Crab 	Building confidence, safety skills and early independence with parent/carer support.
	Lobster 	Building confidence, stronger movement and readiness for independent lessons with parent/carer support.
2 Water confidence and independence	Blue Rings 	First independent level – water confidence and safety awareness.
	Seahorse 	Developing independent swimming skills, breath control and safety awareness.
4 Swimming foundations	Clownfish 	Body position, breath control and movement patterns.
	Turtle 	Introduction to freestyle and backstroke.
5 Stroke development	Crocodile 	Combining stroke technique with breathing and greater control.
	Seal 	Stroke refinement, co-ordination and consistency.
	Tiger Sharks 	Final stage of the Learn to Swim journey.



A note on timing

Every swimmer progresses at their own pace. Progression is based on a swimmer demonstrating the required skills confidently and consistently, not simply on time spent in a level.

Some swimmers move through skills quickly, while others benefit from extra time to consolidate. Both are completely normal and support the same goal: building a confident, capable swimmer.

Stage 1: Parent and Child

Our Parent and Child program is designed to help young swimmers build water confidence, develop early swimming skills and gradually become more independent in the water.

Children move through the Parent and Child pathway based on a combination of age, confidence and readiness. Every child develops at their own pace, so progression is not always the same for every swimmer. Some children may be ready for the next stage once they have developed the confidence and skills required, while others may need more time to build independence before progressing.

A key benefit of our Parent and Child classes is the active role parents and carers play in the water. With a parent or carer supporting them throughout the lesson, children receive more practice time, more reassurance and more opportunities to repeat skills safely. This shared experience helps children build confidence while giving families the tools to support their swimmer beyond lessons.

The Parent and Child program has three levels: Starfish, Hermit Crab and Lobster.

Nappy policy

For safety and hygiene, all children in our Parent and Child program **must wear a double-layered Happy Nappy while in the water.**

This is a requirement for participation in the lesson. While there are different swim nappy styles available elsewhere, *Pymble* Swimming requires children in these classes to wear a Happy Nappy Duo that fits securely around the waist and legs.

Happy Nappies are available to purchase from the Front Reception. Please ensure your child's Happy Nappy is correctly fitted before entering the pool. If you are unsure about sizing or fit, our team will be happy to help.

In-water clothing for parents and carers

Parents and carers are asked to wear appropriate swimwear and a clean, fitted T-shirt or rash top while participating in the water.

This supports a comfortable and respectful environment for all families and gives children something appropriate to hold onto during supported activities. It also assists with teaching safe holds, assisted movement and confidence-building skills in the water.

For safety and comfort, we recommend avoiding loose clothing, jewellery and watches during lessons.



Stage 2: Water Confidence and Independence

This is the first independent stage of the Learn to Swim journey, where swimmers participate without a parent or carer in the water. Readiness is based on more than age alone. Swimmers need to show they are ready to separate from their parent or carer, listen to simple instructions, wait safely for their turn, and attempt early water safety skills with support.

For more information about Blue Rings and the levels that follow, please see **Our levels, explained.**





Starfish

Pre-school – Stage 1: Parent-Assisted Water Confidence
Teacher to student ratio: 1:7
Age guide: from 6 months until walking or skill readiness*
Parent/carer in the water

Starfish is the first level in our Parent and Child pathway and is designed for babies and young toddlers who are beginning their swimming journey.

This level introduces families to the foundations of our program. The focus is on building positive early water experiences, developing water confidence, and helping parents and carers learn how to safely hold, support and guide their child in the water.

Children are introduced to early swimming skills through songs, play, repetition and gentle water familiarisation. At this stage, parents and carers play an important role in helping their child feel safe, supported and comfortable in the pool environment.

*All children under three years of age who are new to Parent and Child swimming lessons begin in Starfish, so both the child and parent/carer can learn the key foundation skills before progressing.

Swimmers will be working on: Water confidence, supported floating, assisted movement, safe entries and exits, breath control and becoming comfortable in the pool environment.

Parent or carer will be learning: Safe holds, how to support their child in the water, how to practise simple skills outside of lessons and how to build confidence through calm, positive practice.

Children who are walking and showing the required confidence and early skills may be ready to move into Hermit Crab.



Hermit Crab

Pre-school – Stage 1: Parent-Assisted Water Confidence
Teacher to student ratio: 1:7
Age guide: walking until readiness for Lobster
Parent/carer in the water

Hermit Crab builds on the early water confidence introduced in Starfish. The focus is on developing greater confidence, control and participation in the water, while still having the support of a parent or carer in the pool.

Children continue to build early swimming skills through repetition and structured activities. With their parent or carer actively supporting them, swimmers have more opportunities to practise each skill, build confidence and begin taking small steps towards greater independence.

Swimmers will be working on: Breath control, supported floating on front and back, propulsive skills such as paddling and kicking, safe entries and exits, falling in and returning safely to the wall, turn-taking and waiting safely when it is not their turn.

Parent or carer will be learning: How to safely support their child in the water, recognise confidence cues, practise simple skills outside of lessons, and gently encourage listening, turn-taking and independence.

Swimmers who are showing stronger confidence, movement and readiness for more independent skill practice may be ready to move into Lobster.



Lobster

Pre-school – Stage 1: Parent-Assisted Water Confidence
Teacher to student ratio: 1:7
Age guide: based on skill readiness, generally for children preparing for Blue Rings
Parent/carer in the water

Lobster is the final stage of our Parent and Child pathway and is designed for swimmers who have developed confidence and early safety skills in Hermit Crab, and are ready to be challenged further while still having parent/carer support in the water.

This level begins to feel more like an independent Learn to Swim class, with more structured activities, stronger skill focus and greater expectations around listening, turn-taking and attempting skills with less support.

Swimmers will be working on: Water confidence, supported floating, streamline glides, basic movement through the water, early arm and leg coordination, breath control, key safety skills and returning safely to the wall.

Parent or carer will be learning: Safe practice, reducing support where appropriate, encouraging independent attempts, reinforcing teacher instructions, and helping swimmers build the confidence and readiness needed for Blue Rings.

Lobster helps prepare swimmers for **Stage 2: Water Confidence and Independence**, beginning with Blue Rings. Swimmers are ready to move into Blue Rings once they have achieved the required skills, can participate without a parent or carer in the water, and are over 3 years of age.Swimmers who are showing stronger confidence, movement and readiness for more independent skill practice may be ready to move into Lobster.



Blue Rings

Pre-school and school age – Stage 2 water confidence and independence
Teacher to student ratio: 1:3

Blue Rings is the first independent level in our Learn to Swim program, where swimmers participate without a parent or carer in the water. The focus is on building water confidence, safety awareness and independence in the pool environment.

Swimmers will be working on: Water confidence, entering the water independently, floating with support, basic movement through the water and returning safely to the wall.



Seahorse

Pre-school and school age – Stage 2 water confidence and independence
Teacher to student ratio: 1:3

In Seahorse, swimmers begin building the foundation skills needed for independent swimming. The focus is on body position, kicking, breathing and moving through the water with increasing control.

Swimmers will be working on: Streamline glides, early arm and leg coordination, breath control, floating and key safety skills.



Clownfish

Pre-school and school age – Stage 3 swimming foundations
Teacher to student ratio: 1:4

Clownfish focuses on developing the body position, breathing and movement skills that form the foundation of efficient swimming. These skills prepare swimmers to confidently learn freestyle and backstroke in the next stage.

Swimmers will be working on: Body position and balance, breath control, co-ordination, and the movement patterns that form the foundation of freestyle and backstroke. Key safety skills continue in this level.



Turtle

School age – Stage 3 swimming foundations
Teacher to student ratio: 1:4

Turtle introduces swimmers to formal swimming strokes, including freestyle and backstroke. Swimmers begin by focusing on body position, kicking and arm technique, with breathing practised as a separate skill before being combined with the stroke as they progress.

Swimmers will be working on: Early freestyle and backstroke techniques, body position, kicking, arm movements and breathing as a separate skill.



Crocodile

School age – Stage 4 stroke development
Teacher to student ratio: 1:4

Crocodile is an important stage where swimmers begin combining the different parts of their strokes into more complete swimming. The focus is on linking freestyle arms with breathing, continuing to develop backstroke, and introducing the fundamentals of breaststroke kick.

Swimmers will be working on: Freestyle with breathing, backstroke development, breaststroke kick fundamentals, and building greater control through the water. They are introduced to early butterfly kick.



Seal

School age – Stage 4 stroke development
Teacher to student ratio: 1:5

Seal is a stroke refinement level, where swimmers continue developing freestyle, backstroke and breaststroke while building stronger co-ordination, control and consistency in the water. Children are introduced to underwater starts.

This level helps prepare swimmers for the transition into Tigersharks, the final stage of the Learn to Swim journey.

Swimmers will be working on: Refining freestyle, backstroke and breaststroke, improving co-ordination and control and building the consistency needed for Tiger Sharks.



Tiger Sharks

School age – Stage 4 stroke development
Teacher to student ratio: 1:8

Tiger Sharks is the final stage of the Learn to Swim journey and is slightly different to the levels before it.

At this level, swimmers move into a 45-minute class in the 50-metre pool. Lessons are delivered from the pool deck, with swimmers working over a longer distance and using equipment to support their technique and development.

Tiger Sharks focuses on refining the skills swimmers have built throughout Learn to Swim, including freestyle, backstroke and breaststroke techniques, breathing, endurance, starts, turns and lane skills.

Because Tiger Sharks is a transition level, progression is not based on the same skill checklist used in earlier Learn to Swim levels. Instead, teachers and coaches look more broadly at a swimmer's technique, fitness, consistency and readiness for the next training environment.

Swimmers will be working on: Refining stroke technique, building endurance, developing starts and turns, improving lane skills, and preparing for the next stage of their swimming pathway.

Swimmers will need a swimming cap, goggles, drink bottle and long blade fins. Caps, goggles and fins are available to purchase from the Swimming Reception.

How progression works

We believe it is important for families to understand how their child is progressing. Our curriculum sets out key assessment skills for each level, and swimmers are assessed regularly throughout the term to track progress and determine when they are ready to move up.

Progression is based on a swimmer demonstrating the required skills confidently and consistently, not on how long they have been in a level.

Formal assessment weeks

At the start of each term, we run a structured assessment schedule: from Week 1 to Week 6, one level is formally assessed each week, so every swimmer receives a formal assessment within the first six weeks of term.

Following the assessment, families receive a report by email outlining their child's progress. You can also track progress at any time through the Parent Portal or the *Pymble* Swimming App.

How progress is measured

Each level contains key skills that swimmers work towards during lessons. To help families understand progress at a glance, we use a five-stage skill development scale:

★☆☆☆☆	**Introducing**	The swimmer is being introduced to the skill and is beginning to explore it with teacher support.
★★☆☆☆	**Developing**	The swimmer understands the skill and is practising with growing confidence but still needs reminders or assistance.
★★★☆☆	**Consolidating**	The swimmer can perform the skill with increasing consistency, with some guidance or reminders.
★★★★☆	**Refining**	The swimmer performs the skill confidently with minimal guidance and is fine-tuning their technique.
★★★★★	**Proficient**	The swimmer performs the skill independently, confidently and consistently.

This scale helps families see how their child is improving over time, even before they are ready to move to the next level.




TYR

Top Tips for Parents

Why a swimmer may stay in a level for a while

Every child learns to swim at their own pace. Our program is built around strong foundations, safety and correct technique, which means swimmers need time to develop confidence and consistency before progressing.

Staying in a level allows swimmers to consolidate their skills, build confidence and feel genuinely successful in the water. Our goal is not to move swimmers through levels quickly, but to help each child become a confident, capable swimmer for the long term.

Who conducts assessments

Formal assessments are conducted by our Pool Deck Supervisors. These experienced senior staff oversee lessons and help ensure assessments are carried out consistently across the program.

Your child's teacher works with them each week and may be the first to notice when they are ready to progress. The Pool Deck Supervisor then reviews and confirms level progression.

Throughout the term, Pool Deck Supervisors also monitor swimmers who missed their formal assessment, were close to moving up or have continued to improve.

Discussing your child's progress

Our Pool Deck Supervisors are the best people to speak with about your child's progress, assessment or level placement. They oversee assessments across the program and can provide specific guidance about your child's swimming.

For account or booking enquiries, including lesson changes, payments or general administration, please speak with our Customer Service team.

Arrive a few minutes early

Our lessons follow a structured format, with skills building from the very start. Arriving a few minutes early gives your child time to settle, prepare and begin their lesson calmly.

What to wear and bring

Goggles

Goggles are recommended for swimmers. They can help children feel more comfortable putting their face in the water and often support confidence when learning new skills.

We also practise important safety skills both with and without goggles, so swimmers can feel confident in different situations.

Swim caps

Swim caps are strongly encouraged for all swimmers. Swimmers with long hair must either tie their hair back securely or wear a swim cap.

Caps keep hair out of the face, support swimming technique and help maintain water quality.

Swimwear

Swimmers should wear fitted swimwear that allows them to move comfortably through the water.

- Girls: a simple fitted one-piece swimming costume. *Pymble* students are encouraged to wear their *Pymble* school swimwear. Please avoid trills. Shirts and tie straps are not recommended, as they create extra resistance in the water.
- Boys: fitted swim trunks designed for swimming. Board shorts are not recommended, as they create extra resistance in the water.

Rash tops and wetsuits

Our Learn to Swim pool is heated to 31°C all year round, so extra layers are generally not needed.

Long-sleeve rash tops, baggy clothing and wetsuits can create extra resistance in the water, making it harder for swimmers to develop the correct body position and technique. For this reason, we ask that these are left at home for lessons.

If your child has a medical or sensory need that requires additional swimwear, please speak with our team.



Encourage effort, not perfection

Learning to swim takes time, practice and patience. Children progress best when they feel supported and encouraged.

Celebrating effort, bravery and improvement helps build confidence and keeps the learning process enjoyable.

Support good lesson habits

Swimming lessons are also a great opportunity for children to practise listening, following instructions and being part of a group.

We encourage swimmers to listen carefully to their teacher, follow instructions, and wait safely on the platform or step until it is their turn. These small habits help lessons run smoothly and allow every swimmer to get the most from their time in the pool.

Swimming essentials available at reception

Goggles, swim caps, fins and reusable swim nappies are available to purchase from the Swimming Reception.

If you are unsure what your child needs for their level, our team will be happy to help.

Holiday programs

Pymble Swimming offers holiday programs during NSW Public School holiday periods, when regular Learn to Swim lessons are not running. These programs support swimmers with additional practice, confidence and skill development.

Holiday programs include intensive Learn to Swim classes, private lessons, stroke clinics or other development opportunities, depending on the program schedule and pool availability.

These programs can be a helpful way for swimmers to consolidate skills, build confidence and continue progressing outside their regular weekly lessons.

Holiday program details including dates, times, levels and booking information are shared with families when programs become available. Places are subject to availability and bookings are managed through the Parent Portal.

Getting started – logistics

The *Pymble* Swimming Parent Portal

The Parent Portal is the main tool families use to manage their child's lessons. Through the Portal, you can view your booking details, track your child's progress, mark an absence, book available make-up lessons, manage payments and update your child's booking.

When you join *Pymble* Swimming, you will receive a welcome email with helpful information about getting started, including how to access and use the Parent Portal.

If you need help using the Portal or would like this information sent again, please contact our Customer Service team.

Ongoing bookings and term breaks

If you ever misplace the guide or need help using the Portal, please contact our Customer Service team.

Pymble Swimming operates as an ongoing booking program. This means your child's regular weekly lesson continues from term to term unless you submit a cancellation request.

Our Learn to Swim program runs in line with the NSW Public School calendar and breaks during the school holidays. Your booking is held during these breaks and continues when the term program resumes.



Make-up lessons – our most-asked question

If your child is unable to attend their regular lesson, you can mark them as absent through the Parent Portal. Once the missed lesson has passed, a make-up token will become available to use for an available make-up lesson on another day.

For full eligibility and booking details, please see Make-Up Lessons in Policies You Need to Know, or refer to the FAQs at the end of this handbook.

Parking

Learn to Swim families can access the car park using their *Pymble* Swimming access card, which can be collected from reception.

Parking access is available from 30 minutes before your child's lesson starts. Please **enter through Gate 3, off Avon Road**. Parking is located under the sports field.

Monday to Friday, please park only in the unmarked bays. Red bays are reserved for another area of the College.

Key policies and helpful reminders

This section brings together the policies families most commonly ask about, with short, practical summaries to help you understand how things work.

For full policy wording, please refer to the terms and conditions provided at enrolment or contact our Customer Service team.

Cancellations and ongoing bookings

Pymble Swimming operates as an ongoing booking program. This means your child's regular weekly lesson continues from month to month and carries over from term to term, unless you submit a cancellation request.

Our Learn to Swim program runs in line with the NSW Public School calendar and breaks during the school holidays. Your booking is held during these breaks and continues when the term program resumes.

If you wish to withdraw, you will need to complete our online cancellation form. Fees are charged on the first business day of each month, in advance for that month's scheduled lessons, and are non-refundable.





Cancellation forms must be submitted by the 21st of the month for the cancellation to take effect the following month. Requests received after the 21st may not be processed until the following billing cycle.

Any outstanding fees must be paid in full before cancellation is confirmed.

Make-up lessons

If your child is unable to attend their regular lesson, they may be eligible for a make-up lesson.

To receive a make-up token, absences must be marked through the Parent Portal or App at least two hours before the lesson starts. Once the missed lesson has passed, a make-up token will be added to your account and available to use from the following day.

Make-up lessons are subject to availability and can be booked through the Parent Portal up to 48 hours in advance. Make-up lessons cannot be booked on the same day as your child's regular weekly lesson.

Each swimmer can receive up to eight make-up tokens per weekly booking, per calendar year. Once a make-up lesson is booked, it cannot be changed or cancelled.

Nappy policy

For safety and hygiene, all children under three, or those not yet fully toilet trained, must wear a swim nappy. Reusable swim nappies are available for purchase at the Aquatic Centre front desk – please make sure nappies fit snugly around the waist and legs.

Photography and filming

To protect the privacy of all swimmers and families, photography and filming are not permitted in the Learn to Swim area.

Thank you for helping us maintain a safe and respectful environment for everyone.

Behaviour at the pool

We ask swimmers to listen carefully to their teacher, follow instructions and wait safely while they are waiting for their turn.

We also ask families and spectators to support a calm, focused learning environment for every swimmer in the pool





Our facilities

Our Learn to Swim program operates from the Braith Williams Aquatic and Fitness Centre at Pymble Ladies' College.

Families have access to:

- A dedicated Learn to Swim pool, heated to 31°C all year round
- State-of-the-art filtration with water quality testing four times daily
- Designated viewing areas for families
- Dedicated Learn to Swim parking access.

Our facility is designed to support a safe, focused and positive learning environment for swimmers and families.

The team supporting your swimmer

Behind every lesson is a wider team working together to support your child's progress, safety and confidence in the water.

Our Learn to Swim Operations Manager oversees the day-to-day running of the program, working closely with our Co-ordinators, Pool Deck Supervisors, teachers and Customer Service team to ensure lessons are safe, consistent and well-structured.

Our Co-ordinators support the smooth running of lessons each week, while our Customer Service Team Leaders help families with bookings, payments and general enquiries.

- **Kate** – Learn to Swim – Operations Manger
- **Christy** – Learn to Swim Co-ordinator
- **Maddi** – Learn to Swim Co-ordinator
- **Kristin** – Customer Service Team Leader
- **Rachel** – Customer Service Team Leader

Our teaching team

All *Pymble* Swimming teachers are qualified and accredited swim teachers. Before teaching independently in our program, teachers also complete a structured onboarding and training process, so they understand our curriculum, lesson structure, expectations and the teaching philosophy behind our program.

Many of our teachers work with us on a casual basis, so your child may not always have the same teacher each week. What remains consistent is the curriculum, the skills being taught at each level, and the way progress is monitored across the program.

Our Co-ordinators and Pool Deck Supervisors support our teaching team throughout the term, helping ensure lessons are delivered safely, consistently and in line with our program standards.

What every lesson includes

No matter who is teaching your child's lesson, each class is guided by the same core program structure.

- **A set curriculum**
  Every teacher works from the same level-based curriculum, so swimmers are building the skills required for their current level.
- **Consistent skill development**
  Swimming improves through repetition, practice and clear teaching. Swimmers continue working on key skills until they can demonstrate them confidently and consistently.
- **A balanced approach**
  Our lessons focus on strong technique, water safety, confidence and enjoyment, so swimmers progress when they are genuinely ready.

Where to go for help

For questions about your child's progress, assessment or level placement, our Pool Deck Supervisors are the best people to speak with.

For bookings, payments, absences, make-up lessons or general enquiries, please speak with our Customer Service team.

Beyond Learn to Swim

Learning to swim is a wonderful achievement and for many swimmers, it is just the beginning of a lifelong connection with the water.

Strong swimming skills support water safety, confidence, fitness, co-ordination and enjoyment. They also help children feel more capable across many water-based activities, whether that is school swimming, squad training, diving, water polo, surf skills, recreational swimming, holidays by the water, or simply enjoying the pool with family and friends.



Pymble Swimming Squad program

Swimmers who wish to continue their swimming development, our Learn to Swim pathway can lead into squad swimming.

As our swimming program operates within Pymble Ladies' College, our squad program is designed primarily to support *Pymble* students. *Pymble* students are welcome to continue into the squad pathway when they are ready and there is an appropriate training group available.

For community swimmers, entry into the squad program is limited and based on a range of factors, including swimmer age, completion of Tiger Sharks skills, readiness for squad training and places available.

If you are interested in your child's next step beyond Learn to Swim, please speak with our team. We will be happy to talk through the most suitable pathway for your swimmer.

For swimmers who wish to continue their swimming development, the Learn to Swim pathway can lead into squad swimming.

For more details, please see **Beyond Learn to Swim**.

Contact us

We are always happy to help. Please contact our team if you have any questions about your child's lessons, bookings or swimming journey.

- **Phone:** +61 2 9855 7460
- **Email:** swimming@pymblelc.nsw.edu.au
- **Web:** pymblelc.nsw.edu.au/swimming
- **Address:** 64 Avon Road, Pymble NSW 2073

Finding us

Please **enter through Gate 3, off Avon Road**. Learn to Swim parking is located under the sport field.

Thank you for choosing *Pymble* Swimming

We look forward to being part of your child's swimming journey.

Joining the Pymble Swimming Team

A love of swimming can sometimes lead beyond lessons and into employment opportunities with *Pymble* Swimming.

Older students, former swimmers and parents may be interested in paid roles as a swim teacher or support team member.

If you or your child are interested in learning more, please contact our team.


NSOME

Pymble Swimming

Pymble Ladies' College

www.pymblelc.nsw.edu.au/swimming

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