



Active

SWIM SCHOOL

ARMADALE
FITNESS AND
AQUATIC CENTRE

MAKE A SPLASH

AFAC OFFERS YEAR ROUND ENROLMENTS WITH ROYAL LIFESAVING SOCIETY ENDORSED LEVELS.

Aqua Babies (6 months - 3 years)

A 30 minute class comprising of fun songs and interactive games promoting safe and collaborative play.

Pre-School (3 years - 6 years)

Students develop water familiarisation, confidence and formal strokes.

School Age (5+ years)

Students master different strokes such as Freestyle, Backstroke, Survival Backstroke, Breaststroke, Sidestroke and Butterfly.

AFAC's Swim School also offers adult lessons, private lessons and Access and Inclusion programs.



ARLO'S HOT TIP

USING FLIPPERS IS NOT ONLY FUN BUT CAN HELP INCREASE YOUR ANKLE FLEXIBILITY!



BECOME A SWIM SCHOOL MEMBER

AVAILABLE FROM \$30 PER FORTNIGHT OUR SWIM SCHOOL MEMBERSHIP OFFERS THE FOLLOWING BENEFITS:

- ✓ 1 x 30 minute lesson per week by a qualified Austswim Instructor.
- ✓ Unlimited entry for the student as well as an accompanying adult to the main pool hall seven days a week! More time in the water allows for the development and consolidation of skills, which provides confidence for both parents and children.
- ✓ AFAC's Swim School runs for 46 weeks of the year, which means that students can swim all year round!
- ✓ Our assessments are ongoing so your child is able to progress through levels at a faster pace according to their skills.
- ✓ No lock-in period so you can cancel at any time. We just require 28 days notice.
- ✓ Flexible suspension options up to a total of 4 weeks. Fees apply.





**MEET ARLO, THE WATER BABY
AND SMARTY PANTS TO
HELP YOU MAKE A SPLASH!**



Arlo loves making a splash. Fun loving and care free, he spends his days diving into the deep end of life. He can often be seen volunteering as a Junior Lifeguard at the Armadale Fitness and Aquatic Centre, helping to educate the community on the importance of water safety.

He loves hanging by the pool, not the beach, because he hates the sand in between his toes.

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