



Term 2 (August to October 2018)

SWIMMING LESSONS

SWIMSURE
SKILLS FOR LIFE



Parent and Infant

(6 months to 18 months)
(18 months to 3 years)

Pre-school

(3-4 years)

Beginner 1

Water Confidence / Learn To Swim

Beginner 1 Advanced

Water Confidence / Learn To Swim

Beginner 2

Learn to Swim/Beginner Strokes
(must be able to swim 10 meters unaided)

Intermediate 1

Stroke Swimming
(must be able to swim 15 meters freestyle and backstroke)

Intermediate 2

Stroke Swimming
(must be able to swim 25 meters freestyle and backstroke)

Advanced

Competitive /Lifesaving/Introduction to Water Polo
(must be able to swim at least 50m in all three strokes)

At SwimSure, our goal is to provide students with confidence, skills and techniques needed to be safe in any aquatic environment encountered throughout life. Lessons included plenty of fun and engaging activities that will instill a love for the water from an early age as well as develop good techniques in a range of strokes.

Miranda Bundy- SwimSure Founder

Days : Tuesday, Wednesday, Thursday & Saturday

Age Group : 6 months and above

Instructors : Miranda Bundy, Rhys Baker & Suzy Henderson

Note : Please refer to the sign up form for price list and program details



For enquiries and registration, please contact Miranda at swimsurehk@gmail.com