

Deepwater Swim School

Excellence in
Swimming & Water Safety



LEARN TO SWIM

Movement, submersion, flotation, and stroke introduction



TADPOLES

Stroke commencement and skills introduction



PLATYPUS

Advancing stroke and skills development



PENGUINS

Stroke and skills refinement



SEALS

Squad 1

Stroke and skills completion and fitness



DOLPHINS

Squad 2



SHARKS

Squad 3

Advanced training and skills for the fitness and competition swimmer
Pool Competition - Open Water - Triathlon - Surf Lifesaving



SENIORS

Squad 4



OWLS

Masters fitness and stroke improvement

SCHOOL HOLIDAY SWIM PROGRAM

Latrobe Swim Centre

Mon 8th January - Friday 19th January
10 days - morning classes

Get the kids active during the school holidays
Increase their water confidence
Improve swim techniques
Increase water safety awareness
Make new friends
Enjoy the water this summer!

Adrian Triffett
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Royal Life Saving
THE ROYAL LIFE SAVING SOCIETY AUSTRALIA

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