

After the Lesson

We encourage you to take advantage of the other pools after the lesson to practice the skills learnt during the lesson. It is important for your child to practice these skills outside of class time.

Instructors

All our instructors are trained through Swimming New Zealand and have a current First Aid Award. All instructors participate in ongoing training to ensure high standards. Any feedback is always appreciated.

Your Quality Swim School

At West Wave, our aim is to be the best swim school in New Zealand; known for our high quality programme and first class customer service. We are a Quality Swim School in association with Swimming New Zealand and NZSCAT (NZ Swim Teachers and Coaches Association). This ensures staff training and SNZ qualifications are a priority, making sure your children are receiving up to date content and teaching practices.



Class availability/ structure

We run classes 7 days, Monday – Sunday. Classes are held between 9am and 7pm. Times are dependent on availability. All classes combine skill learning, fun and interaction between child, parent and instructor to ensure a friendly and safe learning environment.

How to enrol

Enrolments can be made at the Swim School office or over the phone.

Lessons are on a term by term basis, coming once a week for 10 weeks (depending on length of term). A deposit of \$20 or full payment must be made at time of booking to secure your place.

Current students are automatically re-enrolled for the following term's classes

Swim School Office Hours

School Term Office Hours

Monday – Friday	8.30am – 7pm
Saturday and Sunday	8.30am – 1pm
Phone (09) 835 0767	

School Holiday Office Hours

Monday – Friday	9am – 5pm
Saturday and Sunday	Closed
Phone (09) 835 0767	



Swim School Information



Babies – Preschool – School Age –
Squads - Adults

Give your child a skill for life!

West Wave Swim School
20 Alderman Drive, Henderson
Ph: 8350767- email: Ltsim@waitakere.govt.nz

Our programme

Baby, Toddler and Preschool Programme

West Wave provides a holistic approach to this programme. We want to encourage the physical and emotional development of our children, in a fun and safe environment. Refer to our other flyers for more information

School Age Learn to Swim Programme

Small classes ensure every swimmer receives individual attention from our team of highly skilled and experienced instructors using innovative, stimulating and progressive programmes. Lessons are 30 min in duration and taught in our dedicated Learn to Swim pool heated at 32 degrees.

Mackerel (30 min)

- Safe entries and exits
- Blowing Bubbles
- Submersion under water
- Assisted Float on Front and back

Olly Otter (30 min)

- Kick on front and back 8m
- Rotate from front to back 8m
- Arm strokes 8m
- Backstroke 8m

Kingfish (30 min)

- Freestyle 8m
- Backstroke 8m
- Streamline body position at all times
- Dolphin kick

Tuna (30 min)

- Freestyle 16m
- Backstroke 16m
- Dolphin kick
- Basic breaststroke kick

Dolphin (30 min)

- Freestyle 25m
- Backstroke 25m
- Basic butterfly
- Basic Breaststroke

Improver and Mini Squads

Our programme allows our swimmers to follow through with swimming right through to squad level with the option of moving to competitive swimming within a chosen Swim Club. Classes are 30, 45 and 60 min in duration depending on ability. Classes are held in our 25m Competition Pool and are focused on developing technically correct swimmers and increasing fitness.

Swordfish (30 min)

- Freestyle 50m
- Backstroke 50m
- Breaststroke 25m
- Butterfly 25m

Whales (45 min)

- Freestyle 100m
- Backstroke 100m
- Breaststroke 50m
- Butterfly 50m
- Basic dives, starts, turns and finishes

Sharks (60 min)

- Freestyle 200m
- Backstroke 200m
- Breaststroke 200m
- Butterfly 100m
- Dives, starts, turns and finishes

Orcas (60 min)

- Competent in all four strokes at competition level



Adult/Teenage Learn to Swim and Fitness

Our adult and teenage classes are held every night Monday to Friday, from beginners to those wanting technique and fitness. All classes are 30 min in duration.

Holiday Intensive Swimming Lessons

Every school holidays we conduct intensive swim programmes, Monday to Friday, for pre-school and school age children. This is a fantastic way to improve your child's swimming skills through having lessons each day.

The classes are 30min in duration and run between 10am and 2pm. Bookings are made for one or two weeks, special discount for booking lessons for two weeks.