

Training Courses

Opening Hours

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

POOL LIFEGUARD

BRONZE MEDALLION

FIRST AID

CPR

SUMMER SEASON

OCTOBER - MARCH

MONDAY - FRIDAY 6:00am - 7:00pm

SATURDAY 8:00am - 6:00pm

SUNDAY 10:00am - 6:00pm

PUBLIC HOLIDAYS 10:00am - 6:00pm

WINTER SEASON

APRIL - SEPTEMBER

MONDAY - FRIDAY 6:30am - 6:00pm

SATURDAY 10:00am - 5:00pm

SUNDAY 10:00am - 5:00pm

PUBLIC HOLIDAYS 10:00am - 4:00pm

TEACHER of SWIMMING and
WATER SAFETY

TEACHER of INFANT
SWIMMING

TEACHER of COMPETITIVE
STROKES

Longreach Memorial Pool & Aquatic Centre

81 Eagle Street

The home of "TAYLORSWIM"

Derek,Carolynn & Caitlin Taylor

Longreach Memorial Pool & Aquatic Centre

The home of TAYLORSWIM

FACILITY GUIDE

Call us today!

PHONE (07) 46581745

taylorsswim@iprimus.com.au

SERVICES OFFERED

LEARN to SWIM.

We provide a comprehensive Learn to Swim program catering for swimmers of all ages and abilities. Employing only accredited swim teachers ensures the latest teaching strategies are practiced. Taylorswims' individual lesson design promotes steady improvement in swimming skills and advancement through the levels is encouraged.

STROKE CLINIC.

The next generation of swimming instruction. Lessons prepare class members for a wide variety of future swimming experiences. Professional accredited teachers run comprehensive skills based sessions. Focus remains on quality of technique and stroke mechanics.

SQUAD TRAINING.

Tiered program designed and implemented by A.S.C.T.A. Silver level swim coach. Professional result orientated swimming training.

AQUA FITNESS.

Fun and challenging sessions set to the latest hot beats. Get your "water groove" on!

LEARN to SWIM CLASSES

Qualified Austswim accredited swimming instructors deliver a professional swimming program. Start with water safety and awareness progress into independent movement. Pupils will learn their aquatic skills in a caring environment.

- **Infant Swim** - Mum and/or Dad join together with their special youngster in discovering the wonders of water
- **Seahorse** - Elementary learn to swim focusing on enjoyment, safety and independent movement
- **Goldfish** - Progressing the skills of freestyle and backstroke through correct body balance and technique



STROKE CLINIC and SQUAD TRAINING

Monitoring and offering technique and stroke correction across the four swimming strokes.

- **Frog** - Completing freestyle and backstroke base skills and introducing the ABC's of breaststroke
- **Squid** - Strengthening of freestyle and backstroke to 25m distances and finalizing breaststroke mechanics
- **Dolphin** - Introducing butterfly skills and stroke mechanics, strengthening breaststroke techniques and preparing swimmers for the cross-over to squad training

Squad Training - Performance and Quality. Once prerequisites are met swimmers join into our professionally designed swim training sessions.

- **Shark** - Fitness based training for both the social and competitive swimmer. Designed to provide continued improvement in racing abilities and stroke techniques across all strokes and race distances. Challenging yet rewarding swim training.