

PersonalBestAquatics

SWIM SCHOOL @ KOKODA

The Personal Best Aquatics Swim School program has been developed with a focus on fun, fitness and health.

Dedicated to helping swimmers achieve their personal best, each lesson provides a new step in a child's development.

The program has been developed by Personal Best Aquatics Director Glenn Beringen. Glenn has achieved international success and reputation as a platinum-level coach, triple Olympian and Olympic silver medalist.

Based at the newly redeveloped Kokoda Memorial Pool, Personal Best Aquatics provides aquatic life skills for all ages in the family-friendly, year-round aquatic facility which includes a 25 metre heated program pool and children's aquatic playground. The highest standards of water quality ensure the best conditions to learn and play all year round.



LEARN-TO-SWIM PROGRAMS



AQUABABE

Water familiarisation and confidence for babies aged 6 months to 3 years with parent/carer.

TADPOLE

Fun and games for pre-school kids 3-5 years, two levels focused on water safety and skills.

SEAHORSE

Bridging level to build water confidence in novice swimmers, while introducing basic freestyle and backstroke skills.

MINNOW

Developing foundation freestyle and backstroke skills and water safety for youngsters with existing water experience.

GOLDFISH

Mastering freestyle and backstroke technique to 10m and expanding water safety skills. Introduction of butterfly kick and arms.

BARRAMUNDI

Building endurance to 25m in freestyle and backstroke. Improving butterfly and introducing freestyle and backstroke turns.

SCHNAPPER

Achieving 50m in freestyle and backstroke, introducing breaststroke, backstroke and butterfly turns.

SHARK SQUAD

Teaching technique, endurance, turns and race skills on all four strokes. Introducing Individual Medley turns and finessing all race turns.

DEVELOPMENT SQUADS

Transition from learn-to-swim to elite-level swimming with our development squads.



PersonalBestAquatics

FEATURED SERVICES

Personal Best Aquatics offers:

- Comprehensive learn-to-swim program
- Holiday swim program
- Aquafitness
- Squad/club lane hire
- Lap swimming



Petria Thomas (Getty Images)

COACHING CHAMPIONS

The exciting new Personal Best Aquatics learn-to-swim program is designed to help swimmers of all skill levels achieve their personal best.

Glenn Beringen, founder and director of Personal Best Aquatics, has helped some of the nation's best swimmers achieve this goal. He guided one of Australia's greatest athletes, Petria Thomas, to three Olympic gold medals at the Athens Games in 2004. He has also coached a host of other elite swimmers such as Sarah Ryan, Craig Stevens, Ryan Mitchell and Phil Rogers to international success.

Beringen, an Olympic silver medalist in breaststroke at the 1984 Los Angeles Olympics, has been involved in the Australian swimming scene for 30 years.

HOW TO ENROL

Email us at kokoda@personalbestaquatics.com.au or phone 4725 5357.

Prices on all services are available on the price list issued with this brochure.

PersonalBestAquatics SWIM SCHOOL@KOKODA



Personal Best Aquatics employs Austswim and WASI accredited teachers. Our curriculum is based on Austswim guidelines but also incorporates water safety and survival skills to reinforce these vital life skills.

Personal Best Aquatics is a member of Swim Australia, a program of the Australian Swimming Coaches and Teachers Association.

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Call Now!
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Swim - Fun - Health - Fitness

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