



➤ Adult Learn to Swim

Your local Swimming Pools offer Adult Learn to Swim Programs which cater for the specific needs of diverse communities. Here are some things to help you get started.

For many adults, just being near a body of water causes negative feelings, ranging from discomfort to paralysing fear, simply because they never learnt to swim.

Migrating from a country where swimming isn't a priority, a lack of access to a pool or physical disability are just some of the reasons people reach adulthood without swimming skills.

It can impact your quality of life, and for parents and grandparents, it means not being able to safely supervise children in the water. The good news is it's never too late to learn. And taking the plunge into swimming lessons later in life brings all kind of benefits.



Scan the QR code to find your local swimming pool

➤ When are swimming lessons conducted?

Swimming and Water Safety lessons are usually 30-45mins in length and are conducted during school terms or as a special program in school holidays. There are often options for lessons during the day or in the evenings.

➤ Is it safe?

Each swimming teacher is highly qualified and there are always lifeguards present, so you will be safe. Learning to swim is an enjoyable experience for all ages!

➤ What are the costs?

Costs are different at each swimming pool but usually range from \$15 to \$25, depending on if they are private or group lessons.

➤ Is there somewhere to pray?

Most pools don't have prayer rooms. Speak to staff to find out what your options are.

When you visit or contact your local swimming centre ask the following questions:

- Do you have adult classes or women's only classes?
- When can I book in?
- What happens if I can't make a lesson?
- How can I re-book into lessons?
- What is the cost?
- What do the costs include?
- Are there any payment options?
- What swimwear should I wear?
- What can I expect to learn?
- Do you focus on water safety?
- Are you a culturally competent centre?
- Can I have a tour of the facility?

For more information please visit:

 drowningprevention.org.au/multiculturalcommunities



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