PRE-SCHOOL - LEARN TO SWIM - ADULTS TIMETABLE TERM 1, 2024



Classes begin Monday 29th January to Thursday 28th March.												
DAY	-143363	JACKIE	ANGELINE	NADINE	TRISH	an marcin.						
MONDAY	3.30 pm	Stage 3	Stage 4	Angelfish	SQUADS—all require Fins & Water Bottle							
	4:00 pm	Stage 7	Stage 2	Stage 1	Dolphin 3.45 pm Stage 8+							
	4:30 pm	Stages 8 & 9	Stage 6	Seahorse	Stingrays 4.30pm Pro- gress by Coach							
	5:00 pm	Stage 4	Stage 5	Octopus &	Adult Stroke Correction							
	5:30 pm	Seahorse	Stages 10, 11 & 12	Angelfish	5.15pm - 5.45pm							
DAY		MANDY	JACKIE	ANGELINE	NADINE							
	3:30 pm	Stage 4	Stage 2	Stage 5	Angelfish							
	4:00 pm	Angelfish	Stages 8 & 9	Stage 6	Stage 2							
TUESDAY	4:30 pm	Angelfish	Stage 4	Stage 7	Stage 3							
	5:00 pm	Octopus & Shark	Stage 5	Stages 8 & 9	Seahorse							
	5:30 pm	Seahorse	Octopus & Shark	Stages 10, 11 & 12	Angelfish							
DAY		KYLIE	MANDY	ANGELINE								
	3:30 pm	Angelfish	Stage 3	Stage 6								
	4:00 pm	Stage 3	Angelfish	Stage 4								
WEDNESDAY	4:30 pm	Stage 7	Stage 4	Stage 2								
	5:00 pm	Stage 8 & 9	Stage 5	Private								
	5:30 pm	Octopus & Shark	Seahorse	Angelfish								
DAY		ANGELINE	JACKIE									
	3:30 pm	Stage 4	Angelfish									
	4:00 pm	Stage 5	Stage 2									
THURSDAY	4:30 pm	Stages 6 & 7	Seahorse									
	5:00 pm	Stages 8 & 9	Stage 4									
	5:30 pm	Angelfish	Stage 3									
DAY		JACKIE										
	3:30 pm	Stage 4										
	4:00 pm	Stages 6 & 7										
FRIDAY	4:30 pm	Stage 2										
	5:00 pm	Stage 5										
	5.30 pm	Stage 3										
DAY		FELICITY										
SATURDAY	9am	AquaStart WA	11.15am	Stage 3	1pm	Stage 6 & 7						
	10.05am	Angelfish	11.50am	Stage 4	1.35pm	Private						
	10.40am	Seahorse	12.25am	Stage 5								

INFANT AND PRE-SCHOOL Classes begin Monday 29th January to Thursday 28th March.

TIMETABLE MORNINGS											
DAY / TIME / TEACHER		8:45 am	9:20 am	9.55 am	10:30 am	11:05 am	11.40 am	12.15			
MONDAY	LYNELL	Little Ducks 1	Turtle	Little Ducks 2 & 3	Little Ducks 4 & 5	Angelfish	Little Ducks 2 & 3	Turtle			
	STACEY		Little Ducks 4 & 5	Adult Beginner	Turtle	Seahorse	Angelfish	Octopus & Shark			
TUESDAY	LYNELL	Little Ducks 4 & 5	Turtle	Angelfish	Little Ducks 2 & 3	Little Ducks 4 & 5	Turtle	Seahorse			
	STACEY		Little Ducks 2 & 3	ТВА	Angelfish	Turtle	Seahorse	Octopus & Shark			
WEDNESDAY	NADINE	Turtle	Little Ducks 2 & 3	Little Ducks 4 & 5	Seahorse	Little Ducks 4 & 5	Angelfish				
	STACEY			Adult Stroke Correction	Angelfish	Turtle	Little Ducks 2 & 3	Octopus & Shark			
THURSDAY	NADINE		Little Ducks 4 & 5	Angelfish	Little Ducks 2 & 3	Little Ducks 4 & 5	Turtle	Seahorse			
THURSDAY	DANIELLE		Turtle	Seahorse	Angelfish	Turtle	Seahorse	Octopus & Shark			
FRIDAY	DANIELLE		Stage 5 & 6	Busselton TAFE	Turtle	Angelfish	Seahorse	Turtle			

Infants (6mths - 3yrs)

Pre - School (3-6 yrs)

Little Ducks 1 (6-12 months old)



Little Ducks 2 (12-18 months old)



Little Ducks 3 (18-24 months old)



Little Ducks 4 (24-30 months old)



Little Ducks 5 (30-36 months old)



Squad Program Information

- <u>DOLPHIN SQUAD</u> Beginner level. Stage 8 minimum requirement. Endurance building. Focus on competitive strokes.
- STINGRAY SQUAD Intermediate level.
- <u>EELS SQUAD</u> Advanced level.

FINS AND WATER ARE BOTTLE REQUIRED FOR EACH SESSION.

40 MINUTE SESSIONS.

Swimmers progress to next level when coach deems them suitable.

Turtle (3-4yr olds)

Building independence. Parents begin in the water, aiming to transition out when child is ready.

Angelfish (3-5.5yr old)

Stage 1 equivalent. Learning to submerge, glide and float independently.



Seahorse (4-6yr old)

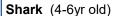
Stage 2 equivalent. Learning to effectively kick & swim 5m freestyle without a breathing pattern.



Octopus (4-6yr old)

Working on the beginnings of stage 3 with the use of floatation aids.

Introduction of a freestyle breathing pattern



Working towards Stage 3

On completion of Shark students will progress to Stage 3 in our Learn to Swim program.

