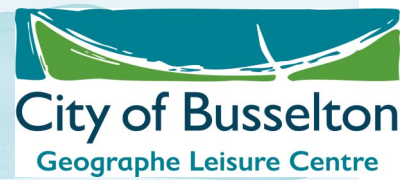


# PRE-SCHOOL - LEARN TO SWIM - ADULTS

## TIMETABLE TERM 1, 2025













**Classes begin Monday 3rd February to Friday 11th April.**

DAY		NADINE	LIL	ANGE	TRISH	
MONDAY	3:30 pm	ANGELFISH	STAGE 5	SHADDOW TRISH	SQUADS—all require Fins & Water Bottle	
	4:00 pm	STAGE 4	STAGE 3	SHADDOW TRISH	Dolphin 3.40 pm Stage 8+	
	4:30 pm	STAGE 3	ANGELFISH	STAGES 10, 11 & 12	Stingrays 4.25pm Progress by Coach	
	5:00 pm	OCTOPUS & SHARK	STAGE 6 & 7	SEAHORSE	Adult Stroke Correction 5.15pm - 5.45pm	
	5:30 pm	STAGE 2	STAGE 8 & 9	ADULT BEGINNER		
DAY		LIL	ANGE	NADINE	KYLIE	
TUESDAY	3:30 pm	STAGE 4	STAGE 2	STAGE 7	STAGE 5	
	4:00 pm	STAGE 3	STAGE 6	ANGELFISH	STAGE 4	
	4:30 pm	ANGELFISH	STAGES 10, 11 & 12	OCTOPUS & SHARK	SEAHORSE	
	5:00 pm	STAGE 5	STAGES 8 & 9	STAGE 6	STAGE 3	
	5:30 pm	SEAHORSE	STAGES 13, 14 & 15	ANGELFISH	OCTOPUS & SHARK	
DAY		LIL	PIP	KASSIE		
WEDNESDAY	3:30 pm	SEAHORSE	STAGE 4	ANGELFISH		
	4:00 pm	OCTOPUS & SHARK	STAGE 5	SEAHORSE		
	4:30 pm	STAGE 3	STAGES 8 & 9	STAGE 4		
	5:00 pm	STAGES 6	STAGE 2	STAGE 7		
	5:30 pm	ANGELFISH	OCTOPUS & SHARK	SEAHORSE		
DAY		NADINE	PIP			
THURSDAY	3:30 pm	OCTOPUS & SHARK	STAGE 6 & 7			
	4:00 pm	STAGE 4	STAGE 3			
	4:30 pm	ANGELFISH	SEAHORSE			
	5:00 pm	SEAHORSE	STAGE 5			
	5:30 pm	STAGES 10, 11 & 12	STAGE 2			
DAY						

# INFANTS, PRE-SCHOOL, ADULTS & HOME SCHOOL

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 Duck 4 & 5	ANGELFISH	TURTLE	SEAHORSE
	STACEY	TURTLE	Little Ducks 2 & 3	Adult Beginner	ANGELFISH	Little Ducks 4 & 5	SEAHORSE	PRIVATE
TUESDAY	LYNELL	Little Ducks 4 & 5	TURTLE	Little Ducks 2 & 3	ANGELFISH	Little Ducks 2 & 3	TURTLE	PRIVATE
	LIL	ANGELFISH	SEAHORSE	CALD	OCTOPUS & SHARK	ANGELFISH	SEAHORSE	OCTOPUS & SHARK
WEDNESDAY	LIL	SEAHORSE	ANGELFISH	OCTOPUS & SHARK	ANGELFISH	SEAHORSE	OCTOPUS & SHARK	
THURSDAY	ANGE	TURTLE	Little Ducks 2 & 3	Home School Stages 4 & 5	Little Ducks 4 & 5	ADULT STROKE CORRECTION	OCTOPUS & SHARK	SEAHORSE
FRIDAY	STACEY	TURTLE	ANGELFISH	ADULT BEGINNER	SEAHORSE	Home School Stages 6 & 7	Home School Stages 8 & 9	OCTOPUS & SHARK

Infants (6mths - 3yrs)	Pre - School (3-6 yrs)
<p><b>Little Ducks 1</b> (6-12 months old) </p> <p><b>Little Ducks 2</b> (12-18 months old) </p> <p><b>Little Ducks 3</b> (18-24 months old) </p> <p><b>Little Ducks 4</b> (24-30 months old) </p> <p><b>Little Ducks 5</b> (30-36 months old) </p>	<p style="text-align: right;"></p> <p style="text-align: center;"><b>Turtle</b> (3-4yr olds)</p> <p style="text-align: center;">Building independence. Parents begin in the water, aiming to transition out when child is ready.</p> <hr/> <p style="text-align: center;"><b>Angelfish</b> (3-6yr olds)</p> <p style="text-align: center;">Stage 1 equivalent. Learning to submerge, glide and float independently. </p> <hr/> <p style="text-align: center;"><b>Seahorse</b> (4-6yr olds)</p> <p style="text-align: center;">Stage 2 equivalent. Learning to effectively kick &amp; swim 5m freestyle without a breathing pattern. </p> <hr/> <p style="text-align: center;"><b>Octopus</b> (4-6yr olds)</p> <p style="text-align: center;">Working on the beginnings of stage 3 with the use of floatation aids. Introduction of a freestyle breathing pattern </p> <hr/> <p style="text-align: center;"><b>Shark</b> (4-6yr olds)</p> <p style="text-align: center;">Working towards Stage 3 On completion of Shark students will progress to Stage 3 in our Learn to Swim program. </p>
<p style="text-align: center;"><b><u>Squad Program Information</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>DOLPHIN SQUAD</u></b> - Beginner level. Stage 8 minimum requirement. Endurance building. Focus on competitive strokes.</li> <li>• <b><u>STINGRAY SQUAD</u></b> - Intermediate level.</li> <li>• <b><u>EELS SQUAD</u></b> - Advanced level.</li> </ul> <p style="text-align: center;"><i><b>FINS AND WATER BOTTLE ARE REQUIRED FOR EACH SESSION.</b></i></p> <p style="text-align: center;"><i><b>40 MINUTE SESSIONS.</b></i></p> <p style="text-align: center;"><b>Swimmers progress to next level when coach deems them suitable.</b></p>	

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