

# PRE-SCHOOL - LEARN TO SWIM - ADULTS

## TIMETABLE TERM 3, 2024



### Classes begin Monday 15th July to Friday 20th September

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

# INFANT AND PRE-SCHOOL

**Classes begin Monday 15th July to Friday 20th September**

## 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 2 & 3	TURTLE	Little Ducks 4 & 5	ANGELFISH	SEAHORSE	TURTLE	
	STACEY		Little Ducks 4 & 5	Adult Beginner	PRIVATE	ANGELFISH	SEAHORSE	OCTOPUS & SHARK
TUESDAY	LYNELL	Little Ducks 4 & 5	TURTLE	Little Ducks 2 & 3	ANGELFISH	Little Ducks 2 & 3	ANGELFISH	
	STACEY		Little Ducks 2 & 3	Adult Stroke Correction	Little Ducks 4 & 5	TURTLE	OCTOPUS & SHARK	SEAHORSE
WEDNESDAY	STACEY		Little Ducks 2 & 3	PRIVATE	Little Ducks 4 & 5	ANGELFISH	SEAHORSE	OCTOPUS & SHARK
	NADINE	SEAHORSE	ANGELFISH	Adult Beginner	TURTLE	Little Ducks 4 & 5		
FRIDAY	STACEY		Home-school Stage 5 & 6	Home school Stage 7 & 8	TURTLE	Little Ducks 4 & 5	ANGELFISH	SEAHORSE

### Infants (6mths - 3yrs)

### Pre - School (3-6 yrs)

**Little Ducks 1** (6-12 months old)

*(This age group will not be running In Term 3)*



**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)



**Turtle** (3-4yr olds)

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



**Angelfish** (3-6yr 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.



### Squad Program Information

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

**FINS AND WATER BOTTLE ARE REQUIRED FOR EACH SESSION.**

**40 MINUTE SESSIONS.**

**Swimmers progress to next level when coach deems them suitable.**

**Octopus** (4-6yr old)

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

Introduction of a freestyle breathing pattern



**Shark** (4-6yr old)

Working towards Stage 3

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



**Address:** 1 Recreation Lane, Busselton 6280 **Phone:** (08) 9754 3600

**E:** glcits@busselton.wa.gov.au