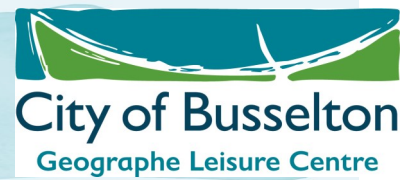


PRE-SCHOOL - LEARN TO SWIM - ADULTS

TIMETABLE TERM 4, 2024













Classes begin Monday 7th October to Friday 13th December

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

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 | OCTOPUS & SHARK |
| TUESDAY | LYNELL | Little Ducks 4 & 5 | TURTLE | Little Ducks 2 & 3 | ANGELFISH | Little Ducks 2 & 3 | TURTLE | PRIVATE |
| | RILEY | TURTLE | SEAHORSE | Home school Stages 3 & 4 | OCTOPUS & SHARK | ANGELFISH | SEAHORSE | OCTOPUS & SHARK |
| WEDNESDAY | ANGE | TURTLE | Little Ducks 2 & 3 | Home School Stages 5 & 6 | Little Ducks 4 & 5 | ANGELFISH | SEAHORSE | OCTOPUS & SHARK |
| | NADINE | SEAHORSE | ANGELFISH | Home School Stages 7 & 8 | TURTLE | | | |

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