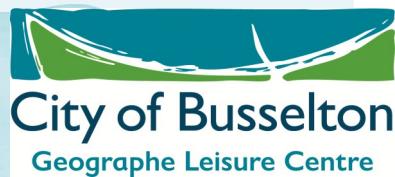


PRE-SCHOOL - LEARN TO SWIM - ADULTS

TIMETABLE TERM 1, 2026



Classes begin Monday 2nd February to Thursday 2nd April

DAY		HAYLEY	SHELBY	JASMIN	NADINE	JACKIE I.A
MONDAY	3.30 pm	PRIVATE	STAGE 3	STAGE 4	SQUADS all require fins & water bottle	Shelby Private
	4:00 pm	STAGE 4	SEAHORSE	ANGELFISH	Dolphin 3.40 pm Stage 8+	
	4:30 pm	OCTOPUS & SHARK	STAGE 5	SEAHORSE	Stingrays 4.20pm Progress by Coach	
	5:00 pm	STAGE 7	STAGE 2	STAGE 5	Adult Stroke Correction 5.15pm - 5.45pm	
	5:30 pm	STAGE 6	STAGE 8 & 9	STAGE 3		
DAY		MEISHA	HAYLEY	SHELBY		NADINE I.A
TUESDAY	3:30 pm	PRIVATE	ANGELFISH	STAGE 4		Shelby Private
	4:00 pm	STAGE 8 & 9	STAGE 6	STAGE 2		
	4:30 pm	STAGES 10, 11 & 12	SEAHORSE	STAGE 5		
	5:00 pm	STAGE 4	STAGE 7	STAGE 3		
	5:30 pm	ANGELFISH	OCTOPUS & SHARK	SEAHORSE		
DAY		MEISHA	JASMIN			JACKIE I.A
WEDNESDAY	3:30 pm	STAGE 4	SEAHORSE			Meisha Private
	4:00 pm	STAGES 8 & 9	PRIVATE Luckie			
	4:30 pm	STAGE 3	STAGE 5			
	5:00 pm	STAGES 10, 11 & 12	STAGES 6 & 7			
	5:30 pm	ANGELFISH	STAGE 2			
DAY		NADINE	SHELBY			
THURSDAY	3:30 pm	ANGELFISH	STAGE 3			Nadine Private
	4:00 pm	STAGE 6 & 7	SEAHORSE			Shelby Private
	4:30 pm	STAGES 13, 14 & 15	STAGE 2			
	5:00 pm	STAGE 4	OCTOPUS & SHARK			
	5:30 pm	ADULT BEGINNER	STAGE 5			
DAY		MEISHA				
SATURDAY	8.30am	ANGELFISH				
	9.00am	SEAHORSE				
	9.30am	STAGE 3				
	10.00am	STAGE 4				
	10.30am	STAGE 5				
	11.00am	STAGE 6 & 7				

INFANTS, PRE-SCHOOL, ADULTS & HOME SCHOOL

Classes begin Monday 2nd February to Thursday 2nd April, 2026.

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	Little Ducks 2 & 3	TURTLE	Little Ducks 4 & 5	ANGELFISH	SEAHORSE	OCTOPUS & SHARK
TUESDAY	LYNELL	Little Ducks 4 & 5	TURTLE	Little Ducks 2 & 3	Little Ducks 4 & 5	TURTLE	ANGELFISH	PRIVATE
	KERIN		SEAHORSE	ANGELFISH		SEAHORSE	OCTOPUS & SHARK	
WEDNESDAY	SHELBY	ANGELFISH	SEAHORSE	HOME SCHOOL STAGES 4 & 5	ANGELFISH	OCTOPUS & SHARK		
WEDNESDAY	KERIN	SEAHORSE	TURTLE	Home School Stages 6 & 7	SEAHORSE	ANGELFISH		
THURSDAY	NADINE	TURTLE	LITTLE DUCKS 2 & 3	HOME SCHOOL STAGES 8 & 9	LITTLE DUCKS 4 & 5			
THURSDAY	SHELBY	SEAHORSE	ANGELFISH	OCTOPUS & SHARK	ANGELFISH	SEAHORSE		

INFANTS (6mths - 3yrs)

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)



PRE-SCHOOL (3-6 yrs)

Turtle (3-4yr olds)



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

Angelfish (3-6yr olds)



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

Seahorse (4-6yr olds)



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.

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 olds)



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

Introduction of a freestyle breathing pattern

Shark (4-6yr olds)



Working towards Stage 3

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

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