PRE-SCHOOL - LEARN TO SWIM - ADULTS TIMETABLE TERM 1, 2026



Classes begin Monday 2nd February to Thursday 2nd April												
DAY	<u> </u>	HAYLEY	SHELBY	JASMIN	NADINE	JACKIE I.A						
DAT		HATEL	OHEEDI	OAOMIN .	SQUADS	JAORIE I.A						
MONDAY	3.30 pm	ANGELFISH	STAGE 3	STAGE 4	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							
	5:30 pm	STAGE 6	STAGE 8 & 9	STAGE 3	5.15pm - 5.45pm							
DAY		MEISHA	HAYLEY	SHELBY		NADINE I.A						
TUESDAY	3:30 pm	STAGE 6	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									
	3:30 pm	ANGELFISH	STAGE 3			Nadine Private						
	4:00 pm	STAGE 6 & 7	SEAHORSE			Shelby Private						
THURSDAY	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 2 & 3	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	SEAHORSE				
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)



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.

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)

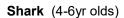
Stage 2 equivalent. Learning to effectively kick & swim 5m freestyle without a breathing pattern.



Octopus (4-6yr olds)

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.



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