PRE-SCHOOL - LEARN TO SWIM - ADULTS

TIMETABLE TERM 2, 2024



Classes begin Monday 15th April to Friday 28th June.

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|------------------------------------------------------|---------|-----------------------|-----------------------|-----------------------|----------------------------------------------|-----------|--|
| DAY | | JACKIE | ANGELINE | NADINE | TRISH | KYLIE | |
| MONDAY | 3.30 pm | Stage 4 | Stage 7 | Angelfish | SQUADS—all require Fins & Water Bottle | Stage 3 | |
| | 4:00 pm | Angelfish | Stage 8 & 9 | Stage 5 | Dolphin 3.45 pm Stage 8+ | Seahorse | |
| | 4:30 pm | Stage 6 | Stages 10, 11 & 12 | Stage 3 | Stingrays 4.30pm Pro- gress by Coach | Angelfish | |
| | 5:00 pm | Stage 5 | Stage 3 | Stage 4 | Adult Stroke Correction | | |
| | 5:30 pm | Stage 7 | Angelfish | Stages 8 & 9 | 5.15pm - 5.45pm | Seahorse | |
| DAY | | KASSIE | JACKIE | ANGELINE | NADINE | AMBER | |
| | 3:30 pm | Stage 5 | Private | Private | Seahorse | Stage 6 | |
| TUESDAY | 4:00 pm | Stage 6 | Angelfish | Stages 8 & 9 | Stage 3 | Stage 4 | |
| | 4:30 pm | Stage 7 | Stage 2 | Stages 10, 11 & 12 | Stage 4 | Angelfish | |
| | 5:00 pm | Stages 13, 14 & 15 | Stages 8 & 9 | Angelfish | Stage 5 | Stage 3 | |
| | 5:30 pm | Angelfish | Private | Seahorse | Octopus & Shark | | |
| DAY | | AMBER | MANDY | RILEY | | | |
| WEDNESDAY | 3:30 pm | Stage 2 | Angelfish | Stage 6 | | | |
| | 4:00 pm | Stage 4 | Seahorse | Stage 3 | | | |
| | 4:30 pm | Stage 5 | Octopus & Shark | Stage 4 | | | |
| | 5:00 pm | Stages 8 & 9 | Stage 3 | Stage 7 | | | |
| | 5:30 pm | Angelfish | Seahorse | Octopus & Shark | | | |
| DAY | | ANGELINE | JACKIE | | | | |
| | 3:30 pm | Angelfish | Seahorse | | | | |
| | 4:00 pm | Stage 6 | Stage 2 | | | | |
| THURSDAY | 4:30 pm | Stage 3 | Stage 5 | | | | |
| | 5:00 pm | Stage 4 | Stage 8 & 9 | | | | |
| | 5:30 pm | Stage 7 | Stage 10, 11 & 12 | | | | |
| DAY | | JACKIE | NADINE | | | | |
| FRIDAY | 3:30 pm | Seahorse | Stage 5 | | | | |
| | 4:00 pm | Stage 4 | Stage 2 | | | | |
| | 4:30 pm | Stage 6 & 7 | Seahorse | | | | |
| | 5:00 pm | Stage 3 | Stage 8 & 9 | | | | |
| | 5.30 pm | Angelfish | Octopus & Shark | | | | |
| DAY | | RILEY | | | | | |
| | 8.30am | Private | 10.15am | Stage 3 | | | |
| SATURDAY | 9.05am | Angelfish | 10.50am | Stage 4 | | | |
| | 9.40am | Seahorse | 11.25am | Stage 5 & 6 | | | |

INFANT AND PRE-SCHOOL Classes begin Monday 15th April to Friday 28th June.

| 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 | Little Ducks 4 & 5 | Turtle | Angelfish | Seahorse | |
| | STACEY | | Puggles | Adult Beginner | Little Ducks 4 & 5 | Seahorse | Angelfish | Octopus & Shark |
| TUESDAY | LYNELL | Little Ducks 4 & 5 | Turtle | Little Ducks 2 & 3 | Angelfish | Little Ducks 4 & 5 | Seahorse | |
| | STACEY | | Little Ducks 2 & 3 | Adult Stroke Cor- rection | Little Ducks 4 & 5 | Turtle | Angelfish | Seahorse |
| WEDNES- DAY | NADINE | Turtle | Little Ducks 2 & 3 | Angelfish | Seahorse | Turtle | | |
| | DANIELLE | | Angelfish | Seahorse | Octopus & Shark | Seahorse | Angelfish | |
| THURSDAY | NADINE | | Little Ducks 2 & 3 | Home- school Stage 4 & 5 | Angelfish | Seahorse | Angelfish | |
| FRIDAY | STACEY | | Home- school Stage 6 & 7 | CALD | Turtle | Angelfish | Seahorse | |

| Infants (6mths - 3yrs) | Pre - School (3-6 yrs) | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| Little Ducks 1 (6-12 months old) | Turtle (3-4yr olds) Building independence. Parents begin in the water, | | |
| Little Ducks 2 (12-18 months old) | aiming to transition out when child is ready. | | |
| Little Ducks 3 (18-24 months old) | Angelfish (3-5.5yr old) Stage 1 equivalent. Learning to submerge, glide and float independently. | | |
| Little Ducks 4 (24-30 months old) | 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. | Octopus (4-6yr old) Working on the beginnings of stage 3 with the use of floatation aids. Introduction of a freestyle breathing pattern | | |
| 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. | Shark (4-6yr old) Working towards Stage 3 On completion of Shark students will progress to Stage 3 in our Learn to Swim program. | | |

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