PRE-SCHOOL - LEARN TO SWIM - ADULTS TIMETABLE TERM 2, 2024



Classes begin Monday 15th April to Friday 28th June.												
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+	Stage 2						
	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									
THURSDAY	4:00 pm	Stage 6	Stage 2									
	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	RILEY									
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									

INFANT AND PRE-SCHOOL Classes begin Monday 15 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			
WEDNESDAY	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)



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

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

FINS AND WATER BOTTLE ARE REQUIRED FOR EACH SESSION.

40 MINUTE SESSIONS.

Swimmers progress to next level when coach deems them suitable.

Turtle (3-4yr olds)

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

Angelfish (3-5.5yr old)

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



Seahorse (4-6yr old)

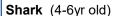
Stage 2 equivalent. Learning to effectively kick & swim 5m freestyle without a breathing pattern.



Octopus (4-6yr old)

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.

