

PRE-SCHOOL - LEARN TO SWIM - ADULTS

TIMETABLE TERM 2, 2026



Classes begin Monday 20th April to Sunday 5th July, 2026

DAY		HAYLEY	LUCY	SHARNIQUA	NADINE	SHELBY I.A
MONDAY	3:30 pm	ANGELFISH	STAGE 3	STAGE 4	SQUADS all require fins & water bottle	
	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 8 & 9	Adult Beginner 5.15pm - 5.45pm	
	5:30 pm	STAGE 3	STAGE 6	STAGE 5		
DAY		LUCY	HAYLEY	SHELBY		NADINE I.A
TUESDAY	3:30 pm	STAGE 5	STAGE 3	STAGE 4		
	4:00 pm	STAGE 8 & 9	STAGE 6	STAGE 2		
	4:30 pm	SEAHORSE	STAGE 5	STAGES 10, 11 & 12		
	5:00 pm	STAGE 4	STAGE 7	STAGES 13, 14 & 15		
	5:30 pm	ANGELFISH	OCTOPUS & SHARK	SEAHORSE		
DAY		LOUISE	SHARNIQUA			MEISHA I.A
WEDNESDAY	3:30 pm	STAGE 4	STAGES 6 & 7			
	4:00 pm	STAGES 8 & 9	STAGE 2			
	4:30 pm	STAGE 3	STAGE 5			
	5:00 pm	STAGES 10, 11 & 12	OCTOPUS & SHARK			
	5:30 pm	ANGELFISH	SEAHORSE			
DAY		SHARNIQUA				SHELBY I.A
THURSDAY	3:30 pm	SEAHORSE				
	4:00 pm	STAGE 3				
	4:30 pm	STAGE 4				
	5:00 pm	STAGES 6 & 7				
	5:30 pm	STAGES 8 & 9				
DAY		LOUISE		DAY		LOUISE
SATURDAY	8.30am	ANGELFISH			8.30am	ANGELFISH
	9.00am	SEAHORSE			9.00am	STAGE 2
	9.30am	STAGE 3		SUNDAY	9.30am	STAGE 3
	10.00am	STAGE 4			10.00am	STAGE 4
	10.30am	STAGE 5			10.30am	STAGE 5
	11.00am	STAGE 6 & 7			11.00am	STAGES 8 & 9

INFANTS, PRE-SCHOOL, ADULTS & HOME SCHOOL

Classes begin Monday 20th April to Sunday 5th July, 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	Little Ducks 4 & 5	TURTLE	ANGELFISH	SEAHORSE	OCTOPUS & SHARK
	HAYLEY					SEAHORSE	ANGELFISH	
TUESDAY	LYNELL	Little Ducks 2 & 3	Little Ducks 4 & 5	CALD	CALD	TURTLE	ANGELFISH	PRIVATE
	LOUISE			CALD	CALD	SEAHORSE	OCTOPUS & SHARK	
WEDNESDAY	SHARNIQUA	TURTLE	ANGELFISH	SEAHORSE	TURLTE	ANGELFISH	OCTOPUS & SHARK	
THURSDAY	NADINE	TURTLE	LITTLE DUCKS 2 & 3	LITTLE DUCKS 4 & 5	ADULT BEGINNER	ANGELFISH	SEAHORSE	OCTOPUS & SHARK
THURSDAY	SHARNIQUA	SEAHORSE			ANGELFISH	OCTOPUS & SHARK		

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.



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.



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.

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