

PRE-SCHOOL - LEARN TO SWIM - ADULTS

TIMETABLE TERM 3, 2026



Classes begin Monday 20th July to Sunday 27th September, 2026

DAY		SAM	LUCY	KAREN	NADINE	SHARNIQUA I.A
MONDAY	3:30 pm	STAGE 2	STAGE 4	ANGELFISH	SQUADS All require fins & water bottle	
	4:00 pm	STAGE 5	SEAHORSE	SHARK	Dolphin 3.40 pm Stage 8+	
	4:30 pm	STAGE 3	ANGELFISH	STAGE 5	Stingrays 4.20pm Progress by Coach	
	5:00 pm	STAGE 6	OCTOPUS	STAGE 4	ADULT STROKE CORRECTION	
	5:30 pm	STAGE 7	STAGES 8 & 9	SEAHORSE	ADULT BEGINNER	
DAY		LUCY	SAM	NADINE	LOUISE	ABI I.A
TUESDAY	3:30 pm	ANGELFISH	STAGE 3	STAGE 5	STAGE 4	
	4:00 pm	STAGE 7	STAGE 5	STAGES 14 & 15	SEAHORSE	
	4:30 pm	STAGE 2	STAGE 6	STAGE 4	STAGES 12 & 13	
	5:00 pm	STAGE 3	STAGES 10 & 11	STAGE 8 & 9	STAGES 6 & 7	
	5:30 pm	SEAHORSE		ANGELFISH	OCTOPUS & SHARK	
DAY		LOUISE	ABI	KAREN		SHARNIQUA I.A
WEDNESDAY	3:30 pm	STAGE 5	SEAHORSE	STAGE 6		
	4:00 pm	STAGE 3	STAGE 6	STAGE 5		
	4:30 pm	STAGE 4	STAGE 2	STAGE 7		
	5:00 pm	STAGES 10, 11 & 12	STAGES 8 & 9	STAGE 3		
	5:30 pm	OCTOPUS & SHARK	ANGELFISH	SEAHORSE		
DAY		SHARNIQUA	ABI	REBECCA		LUCY I.A
THURSDAY	3:30 pm	SEAHORSE	STAGES 6 & 7	ANGELFISH		
	4:00 pm	STAGE 3	STAGE 4	STAGE 5		
	4:30 pm	STAGE 5	STAGE 2	STAGE 4		
	5:00 pm	STAGE 6	ANGELFISH	OCTOPUS & SHARK		
	5:30 pm	STAGE 7	STAGES 8 & 9	SEAHORSE		
DAY		LOUISE		DAY		LOUISE
SATURDAY	8.30am	ANGELFISH		SUNDAY	8.30am	ANGELFISH
	9.00am	SEAHORSE			9.00am	STAGE 2
	9.30am	STAGE 3			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

Classes begin Monday 20th July to Sunday 27th September, 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 2 & 3	Little Ducks 4 & 5	TURTLE	ANGELFISH	SEAHORSE	SHARK	
	SHARNIQUA	TURTLE	ANGELFISH	SEAHORSE	OCTOPUS	TURTLE	ANGELFISH	
TUESDAY	LYNELL	Little Ducks 4 & 5	TURTLE	Little Ducks 2 & 3	ANGELFISH	TURTLE	SHARK	PRIVATE
	BEN	ANGELFISH	SEAHORSE	ANGELFISH	SEAHORSE	OCTOPUS		
WEDNESDAY	SHARNIQUA	TURTLE	ANGELFISH	SEAHORSE	TURLTE	ANGELFISH		
WEDNESDAY	BEN	SEAHORSE	OCTOPUS	ANGELFISH	SHARK	SEAHORSE		
THURSDAY	NADINE	TURTLE	LITTLE DUCKS 2 & 3	ADULT BEGINNER	LITTLE DUCKS 4 & 5	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)	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. <i>FINS AND WATER BOTTLE ARE REQUIRED FOR EACH SESSION.</i> <i>40 MINUTE SESSIONS.</i> Swimmers progress to next level when coach deems them suitable.	

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