# PRE-SCHOOL - LEARN TO SWIM - ADULTS TIMETABLE TERM 4, 2025



Classes begin Monday 13th October to Saturday 20th December											
DAY		GRACE	-		NADINE	SHARNIQUA I.A					
MONDAY	3.30 pm	STAGE 4	ANGELFISH	STAGE 3	SQUADS all require fins & water bottle						
	4:00 pm	ANGELFISH	STAGE 5	SEAHORSE	Dolphin 3.40 pm Stage 8+						
	4:30 pm	OCTOPUS & SHARK	STAGE 4	ANGELFISH	Stingrays 4.20pm Progress by Coach						
	5:00 pm	ADULT BEGINNER	STAGE 2	STAGE 6 & 7	Adult Stroke Correction						
	5:30 pm	STAGES 10, 11 & 12	STAGE 3	STAGES 8 & 9	5.15pm - 5.45pm						
DAY		TESS	SHARNIQUA	NADINE	SHELBY	GRACE I.A					
TUESDAY	3:30 pm	ANGELFISH	STAGE 4	STAGE 2	STAGE 6						
	4:00 pm	STAGE 5	SEAHORSE	STAGE 6 & 7	OCTOPUS & SHARK						
	4:30 pm	STAGES 10, 11 & 12	STAGE 7	STAGE 3	STAGE 5						
	5:00 pm	STAGE 6	STAGES 8 & 9	STAGE 4	ANGELFISH						
	5:30 pm		ANGELFISH	OCTOPUS & SHARK	SEAHORSE						
DAY		HAYLEY	SHARNIQUA	GRACE	LUCY	NADINE I.A					
WEDNESDAY	3:30 pm	STAGE 5	STAGE 2	ANGELFISH	STAGE 4						
	4:00 pm	STAGE 6	STAGE 3	STAGE 7	ANGELFISH						
	4:30 pm	STAGE 4	STAGES 8 & 9	SEAHORSE	OCTOPUS & SHARK						
	5:00 pm	STAGE 3	STAGE 6	STAGES 13, 14 & 15	STAGE 5						
	5:30 pm	ANGELFISH	SEAHORSE	OCTOPUS & SHARK							
DAY		NADINE	JASMIN	SHELBY	LUCY	TESS I.A					
THURSDAY	3:30 pm	STAGE 4	ANGELFISH	STAGE 3	STAGE 5						
	4:00 pm	STAGE 2	STAGE 5	STAGE 4	ANGELFISH						
	4:30 pm	STAGE 3	STAGE 6	STAGE 7	STAGE 9						
	5:00 pm	STAGES 10, 11 & 12	OCTOPUS & SHARK	ANGELFISH	STAGE 6						
	5:30 pm	STAGE 5	STAGE 8	SEAHORSE	OCTOPUS & SHARK						
DAY		SHARNIQUA									
SATURDAY	8.30am	ANGELFISH									
	9.05am	SEAHORSE									
	9.40am	STAGE 3									
	10.15am	STAGE 4									
	10.50am	STAGE 5									
	11.25am	STAGE 6 & 7									

## **INFANTS, PRE-SCHOOL, ADULTS & HOME SCHOOL**

## Classes begin Monday 13th October to Saturday 20th December, 2025

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			
	KERIN			SEAHORSE		OCTOPUS & SHARK	ANGELSFISH				
TUESDAY	LYNELL	Little Ducks 4 & 5	TURTLE	Little Ducks 2 & 3	ANGELFISH	Little Ducks 4 & 5	TURTLE	PRIVATE			
	JASMIN	ANGELFISH	SEAHORSE	HOME SCHOOL STAGES 6 & 7	SEAHORSE	ANGELFISH	OCTOPUS & SHARK				
WEDNESDAY	SHARNIQUA	ANGELFISH	SEAHORSE	HOME SCHOOL STAGES 4 & 5	OCTOPUS & SHARK	ANGELFISH					
WEDNESDAY	KERIN	SEAHORSE	ANGELFISH	TURTLE	SEAHORSE	OCTOPUS & SHARK					
THURSDAY	NADINE	TURTLE	LITTLE DUCKS 2 & 3	HOME SCHOOL STAGES 8 & 9	LITTLE DUCKS 4 & 5						
THURSDAY	SHELBY	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)





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

Angelfish (3-6yr olds)

PRE-SCHOOL (3-6 yrs)

**Turtle** (3-4yr olds)

Building independence. Parents begin in the water,

aiming to transition out when child is ready.



## Seahorse (4-6yr olds)

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.

FINS AND WATER BOTTLE ARE REQUIRED FOR EACH SESSION.

40 MINUTE SESSIONS.

Swimmers progress to next level when coach deems them suitable.

#### Octopus (4-6yr olds)

Working on the beginnings of stage 3 with the use of floatation aids.

Introduction of a freestyle breathing pattern

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**Shark** (4-6yr olds) Working towards Stage 3

On completion of Shark students will progress to Stage 3 in our Learn to Swim program.



Address: 1 Recreation Lane, Busselton 6280 Phone: (08) 9754 3600

Email: glclts@busselton.wa.gov.au