

LEARN TO SWIM - AFTERNOON & WEEKEND TIMETABLE



MONDAY 12th OCTOBER to FRIDAY 18th DECEMBER. TERM 4, 2026

DAY		SAM	LUCY	SHELBY	NADINE	KAREN I.A
MONDAY	3:30pm	STAGE 3	ANGELFISH	STAGE 7	SQUADS DOLPHIN 3.40pm	
	4:00pm	SEAHORSE	STAGE 5	STAGE 4	Stage 8+	
	4:30pm	STAGE 6	OCTOPUS	SEAHORSE	STINGRAY 4.20pm	
	5:00pm	STAGE 4	STAGE 9	SHARK	Adult Stroke Correction	
	5:30pm	STAGE 8	STAGE 2	STAGE 10 & 11	Adult Beginner	
DAY		SAM	LUCY	SHELBY	KAREN	NADINE I.A
TUESDAY	3:30pm	STAGE 5	STAGE 6	STAGE 3	ANGELFISH	
	4:00pm	STAGE 4	STAGE 2	STAGE 7	STAGE 6	
	4:30pm	STAGE 7	STAGE 5	SEAHORSE	SHARK	
	5:00pm	STAGE 3	STAGE 4	STAGES 12 & 13	STAGE 5	
	5:30pm	SEAHORSE	ANGELFISH	STAGE 8	OCTOPUS	
DAY		LOUISE	BEC	KAREN		SHELBY I.A
WEDNESDAY	3:30pm	STAGE 2	STAGE 6	STAGE 4		
	4:00pm	STAGE 6	STAGE 3	STAGE 5		
	4:30pm	STAGES 10 & 11	STAGE 7	STAGE 8		
	5:00pm	STAGE 5	STAGE 9	STAGE 3		
	5:30pm	OCTOPUS & SHARK	SEAHORSE	ANGELFISH		
DAY		BEC	NADINE			LUCY I.A
THURSDAY	3:30pm	STAGE 3	ANGELFISH			
	4:00pm	STAGE 4	STAGE 2			
	4:30pm	SEAHORSE	STAGE 6 & 7			
	5:00pm	STAGE 5	OCTOPUS & SHARK			
	5:30pm	STAGES 8 & 9	STAGE 4			
DAY		LOUISE		DAY		LOUISE
SATURDAY	8:30am	ANGELFISH		SATURDAY	11:00am	STAGE 5
	9:00am	SEAHORSE			11:30am	STAGES 6 & 7
	9:30am	STAGE 2			12:00pm	STAGES 8 & 9
	10:00am	STAGE 3				
	10:30am	STAGE 4				

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LEARN TO SWIM - INFANTS & PRE-SCHOOL



MONDAY 12th OCTOBER to FRIDAY 18th DECEMBER. TERM 4, 2026

DAY	TEACHER	8:45am	9:20am	9:55am	10:30am	11:05am	11:40am	
MONDAY	LYNELL	LITTLE DUCKS 1	LITTLE DUCKS 2 & 3	ANGELFISH	LITTLE DUCKS 4 & 5	LITTLE DUCKS 2 & 3	SEAHORSE	
MONDAY	BEN	TURTLE	ANGELFISH	SEAHORSE	ANGELFISH	TURTLE	OCTOPUS & SHARK	
TUESDAY	LYNELL	TURTLE	LITTLE DUCKS 4 & 5	SEAHORSE	LITTLE DUCKS 2 & 3	ANGELFISH	OCTOPUS & SHARK	
TUESDAY	BEN	SEAHORSE	TURTLE	ADULT STROKE CORRECTION	ANGELFISH	SEAHORSE		
THURSDAY	BEN	SEAHORSE	ANGELFISH	ADULT BEGINNER	TURTLE	OCTOPUS & SHARK		
THURSDAY	SHELBY	ANGELFISH	SEAHORSE	TURTLE	SEAHORSE	ANGELFISH		
FRIDAY	LUCY	ANGELFISH	SEAHORSE	OCTOPUS & SHARK	ANGELFISH	SEAHORSE		

INFANTS (6mths - 3yrs)

PRE-SCHOOL (3-6yrs)

LITTLE DUCKS 1

6 to 12 months



TURTLE (3 - 4yrs)

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



LITTLE DUCKS 2

12 to 18 months



ANGELFISH (3 - 6yrs old)

Stage 1 equivalent. Learning to submerge, float & glide independantly.



LITTLE DUCKS 3

18 to 24 months



SEAHORSE (4 - 6yrs old)

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



LITTLE DUCKS 4

24 to 30 months



OCTOPUS (4 - 6yrs old)

Working on the beginnings of Stage 3. Introduction of a freestyle breathing pattern.



LITTLE DUCKS 5

30 to 36 months



SHARK (4 - 6yrs old)

Working towards stage 3.
On completion, swimmers progress to Stage 3.



SQUAD PROGRAM INFORMATION

- DOLPHIN SQUAD** - Beginner squad. Stage 8 minimum. Endurance building. Focus on competitive strokes.
- STINGRAY SQUAD** - Intermediate level.
FINS & A WATER BOTTLE ARE REQUIRED EVERY SESSION.
40 MINUTE SESSIONS.

ADULT SWIM LESSONS

- ADULT BEGINNER** - Designed for adults with little or no swimming experience. Learn water safety & basic swimming skills.
- ADULT STROKE CORRECTION** - Designed to enhance technique, improve efficiency & develop better breathing, body position & overall swimming performance.

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