

2022 Term Four Schedule



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|--------------------------------------|--|
| Tadpoles L.P Babies from 6 - 18 months | 10:00-10:30 | 10:30-11:00 | | | 12:30-1:00 | |
| Frogs L.P 18 months almost 3 years | 10:30-11:00 | 11:00-11:30 | | | | |
| Frogs Advanced L.P By instructors recommendation only. Babies who are very confident learning extra skills | | 10:00-10:30 | | | 12:00-12:30 (Invited people ONLY) | |
| Seahorses L.P Babies from 4 months. Helping parents help little ones get used to the water. 4 week course. | 11:00-11:30 | | | | | |
| Turtles L.P Pre-schoolers from 3 years who are still getting used to the water: Water confidence, submerge to pick up objects comfortably, assisted floating front and back | 4:00-4:30 5:00-5:30 | 4:30-5:00 5:00-5:30 | 3:30-4:00 4:30-5:00 5:30-6:00 | 3:30-4:00 4:30-5:00 5:30-6:00 | | 9:00-9:30 10:00-10:30 11:00-11:30 12:00-12:30 |
| Turtles Advanced L.P Pre-school children who are very confident in the water. Learning to swim on their own and more: Water safety, unassisted floating, kicking front and back, concept of arm-strokes | 3:30-4:00 4:30-5:00 5:30-6:00 | 4:00-4:30 5:30-6:00 | 4:00-4:30 5:00-5:30 | 4:00-4:30 5:00-5:30 | | 9:30-10:00 10:30-11:00 11:30-12:00 |
| Lobster L.P Beginners from 5 years old. Learning to go under the water, kick, and float on the front and back | 4:00-4:30 4:30-5:00 5:00-5:30 5:30-6:00 | 3:30-4:00 4:00-4:30 4:30-5:00 5:00-5:30 5:30-6:00 | 4:00-4:30 4:30-5:00 5:00-5:30 | 3:30-4:00 4:00-4:30 4:30-5:00 5:00-5:30 5:30-6:00 | | 9:30-10:00 10:30-11:00 11:30-12:00 |
| Porpoise L.P Learning freestyle (breathing) and back-stroke. Aiming to swim up to 25m freestyle and back-stroke | 3:30-4:00 4:00-4:30 4:30-5:00 5:00-5:30 5:30-6:00 | 3:30-4:00 4:00-4:30 4:30-5:00 5:00-5:30 5:30-6:00 | 3:30-4:00 4:00-4:30 4:30-5:00 5:00-5:30 | 3:30-4:00 4:00-4:30 4:30-5:00 5:00-5:30 5:30-6:00 | | 9:00-9:30 10:00-10:30 11:00-11:30 12:00-12:30 |
| Dolphin M.P First group to be in main pool. Aiming to swim freestyle and back-stroke up to 50m | 4:00-4:30 | 3:30-4:00 4:30-5:00 | 3:30-4:00 4:30-5:00 5:30-6:00 | 4:30-5:00 5:30-6:00 | | 9:00-9:30 10:00-10:30 11:00-11:30 |
| Sharks M.P Aiming to swim up to 200m freestyle and back-stroke | 4:30-5:00 | 4:00-4:30 5:00-5:30 | 4:00-4:30 5:00-5:30 | 4:00-4:30 5:00-5:30 | | 9:30-10:00 10:30-11:00 11:30-12:00 |
| Penguins M.P Aiming to freestyle up to 400m, learn breast-stroke | 5:00-5:30 | 4:30-5:00 | 3:30-4:00 | 3:30-4:00 | | 9:30-10:00 |
| Seals M.P Aiming to freestyle up to 800m, Breast-stroke, introducing butterfly. 45 minute class | | 3:45-4:30 | 4:15-5:00 | 4:15-5:00 | | 10:00-10:45 |
| Mussels M.P Aiming to freestyle up to 1500m, Butterfly, Individual medley. 60 minute class | | 5:00-6:00 | 5:00-6:00 | 5:00-6:00 | | 10:45-11:45 |
| Private M.P One-on-one lessons. 20 minute or 30 minute | | 5:30-6:00 | | | | 9:30-10:00 10:00-10:30 10:30-11:00 11:00-11:30 11:30-12:00 |
| Private L.P | | | 4:00-4:30 4:30-5:00 5:00-5:30 | | | 12:30-13:00 X2 |
| Adult M.P Adult classes, any level | 5:30-6:00 | | 5:30-6:00 | | | |

Swim School Term Four timetable
3-7 Oct & 10-14 Oct

CLASSES

LP = Learners Pool

MP = Main Pool



Turtles (LP)

From 3 year old preschool group who are still getting used to water.

Seahorse (LP) (4 weeks course)

Babies from 4 months old. Teaching parents how to help little ones to get used to water.

Tadpole (LP)

Baby class from 6 months to 18 months old.

Frog (LP)

Baby class from 18 months old to just before they turn 3 years old.

Frog Advance (LP)

(Only recommended by instructors)

Babies who are very confident learning extra skills.

Turtles (LP)

From 3 year old preschool group who are still getting used to the water.

Water confidence, submerge to pick objects up comfortably, assisted floating front and back.

Turtle Advance (LP)

Pre-school children who are very confident in a water. Learning to swim on their own and more. Water safety, unassisted floating, kicking front and back, concept of arm strokes.

Lobsters (LP)

From 5 years old beginner. Learning to go under the water, kick also float on the front and back.

Porpoise (LP)

Learning free style (breathing) and back stroke. Aiming to swim up to 25m with free style and back stroke.

Dolphin (MP)

First group to be in the Main Pool. Aiming to swim free style and back stroke up to 50m.

Sharks (MP)

Aiming to swim up to 200m with free style and back stroke.

Penguins (MP)

Aiming to swim free style up to 400m / and also learn breast stroke.

Seals (MP) 45 minute class

Aiming free style up to 800m / breast stroke / introducing butterfly.

Mussels (MP) 60 minute class

Aiming free style up to 1500m / butterfly / individual medley.

Adult (MP)

Classes for adults / any level.

Private

One-on-one lessons with 20 min or 30 min class.

FAMILY DISCOUNT!

- + **SAVE 10%** when you sign up three or more kids.
- + Show your Community Services card and **SAVE 20%!**



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3-7 Oct & 10-14 Oct