

WEEK ONE 3rd of October - 7th of October



	Turtles (30min) L.P	Lobster (30min) L.P	Porpoise (45min) L.P	Dolphin (45min) M.P	Sharks (45min) M.P	Penguins (45min) M.P	Seals (45min) M.P
Group One	Monday - Friday 9:30-10:00	Monday - Friday 9:00-9:30	Monday - Friday 10:00-10:45	Monday - Friday 9:30-10:15	Monday - Friday 10:15-11:00	Monday - Friday 10:00-10:45	Monday - Friday 10:45-11:30
Group Two	Monday - Friday 10:45-11:15	Monday - Friday 12:00-12:30	Monday - Friday 11:15-12:00	Monday - Friday 11:00-11:45	Monday - Friday 11:45-12:30		

WEEK TWO 10th of October - 14th of October

	Turtles (30min) L.P	Lobster (30min) L.P	Porpoise (45min) L.P	Dolphin (45min) M.P	Sharks (45min) M.P	Penguins (45min) M.P
Group One	Monday - Friday 9:30-10:00	Monday - Friday 9:00-9:30	Monday - Friday 10:00-10:45	Monday - Friday 9:30-10:15	Monday - Friday 10:15-11:00	Monday - Friday 11:00-11:45
Group Two	Monday - Friday 11:15-11:45	Monday - Friday 10:45-11:15		Monday - Friday 11:45-12:30		

CLASSES LP = Learners Pool MP = Main Pool



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.

Lobster (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 a 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.

Introducing breast stroke kicking and arms stroke.

Penguins (MP)

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

Seals (MP) 45min class

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



School Holiday Swimming Lessons

3-7 Oct & 10-14 Oct