

class times - please check with reception for availability

class	times	mon	tues	wed	thurs	fri	sat	times	
stage 1	3:30pm	✓	✓				✓	8:00am	
	4:00pm	✓	✓		✓	✓	✓	8:30am	
	4:30pm	✓	✓	✓	✓	✓	✓	9:00am	
	5:00pm	✓		✓	✓	✓	✓	9:30am	
	5:30pm						✓	10:00am	
	6:00pm							10:30am	
	6:30pm						✓	11:00am	
	7:00pm							11:30am	
	4+ years							✓	12:00pm
								✓	12:30pm
✓								1:00pm	
								1:30pm	

class	times	mon	tues	wed	thurs	fri	sat	times	
stage 2	3:30pm				✓			8:00am	
	4:00pm	✓		✓	✓	✓	✓	8:30am	
	4:30pm	✓			✓	✓	✓	9:00am	
	5:00pm	✓	✓		✓	✓	✓	9:30am	
	5:30pm	✓	✓	✓	✓	✓		10:00am	
	6:00pm	✓	✓	✓	✓	✓		10:30am	
	6:30pm	✓				✓	✓	11:00am	
	7:00pm						✓	11:30am	
	without armbands							✓	12:00pm
								✓	12:30pm
✓								1:00pm	
								1:30pm	

class	times	mon	tues	wed	thurs	fri	sat	times	
stage 3	3:30pm						✓	8:00am	
	4:00pm	✓	✓	✓			✓	8:30am	
	4:30pm	✓	✓	✓	✓	✓	✓	9:00am	
	5:00pm	✓	✓	✓		✓	✓	9:30am	
	5:30pm	✓	✓	✓	✓		✓	10:00am	
	6:00pm	✓	✓	✓	✓	✓	✓	10:30am	
	6:30pm	✓					✓	11:00am	
	7:00pm						✓	11:30am	
	unaided								12:00pm
								✓	12:30pm
								1:00pm	
								1:30pm	

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class	times	mon	tues	wed	thurs	fri	sat	times	
stage 4	3:30pm		✓				✓	8:00am	
	4:00pm		✓	✓	✓		✓	8:30am	
	4:30pm	✓	✓	✓		✓	✓	9:00am	
	5:00pm	✓	✓	✓	✓	✓	✓	9:30am	
	5:30pm	✓	✓	✓	✓	✓	✓	10:00am	
	6:00pm	✓		✓		✓		10:30am	
	6:30pm	✓		✓	✓		✓	11:00am	
	7:00pm						✓	11:30am	
	<i>front crawl, back crawl, introducing breast stroke</i>							✓	12:00pm
									12:30pm
✓								1:00pm	
								1:30pm	

class	times	mon	tues	wed	thurs	fri	sat	times	
stage 5	3:30pm							8:00am	
	4:00pm	✓		✓	✓	✓		8:30am	
	4:30pm	✓	✓	✓	✓	✓	✓	9:00am	
	5:00pm	✓	✓	✓	✓	✓	✓	9:30am	
	5:30pm	✓	✓	✓		✓	✓	10:00am	
	6:00pm	✓			✓	✓		10:30am	
	6:30pm			✓	✓		✓	11:00am	
	7:00pm						✓	11:30am	
	<i>breast stroke with revision of front crawl and back crawl</i>								12:00pm
									12:30pm
								1:00pm	
								1:30pm	

class	times	mon	tues	wed	thurs	fri	sat	times	
stage 6	3:30pm							8:00am	
	4:00pm	✓	✓	✓	✓	✓		8:30am	
	4:30pm							9:00am	
	5:00pm	✓	✓	✓	✓		✓	9:30am	
	5:30pm					✓		10:00am	
	6:00pm	✓	✓	✓			✓	10:30am	
	6:30pm	✓		✓	✓	✓		11:00am	
	7:00pm						✓	11:30am	
	<i>introducing deep water, revision of strokes and jumping in</i>								12:00pm
									12:30pm
								1:00pm	
								1:30pm	

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class	times	mon	tues	wed	thurs	fri	sat	times	
stage 7	3:30pm							8:00am	
	4:00pm		✓	✓				8:30am	
	4:30pm	✓	✓	✓	✓	✓		9:00am	
	5:00pm							9:30am	
	5:30pm	✓	✓		✓		✓	10:00am	
	6:00pm					✓	✓	10:30am	
	6:30pm	✓						11:00am	
	7:00pm						✓	11:30am	
	<i>three strokes to 25m and introducing sitting dive</i>								12:00pm
									12:30pm
								1:00pm	
								1:30pm	

class	times	mon	tues	wed	thurs	fri	sat	times	
stage 8	3:30pm							8:00am	
	4:00pm	✓				✓		8:30am	
	4:30pm	✓	✓	✓	✓			9:00am	
	5:00pm		✓	✓	✓	✓	✓	9:30am	
	5:30pm	✓		✓			✓	10:00am	
	6:00pm			✓	✓		✓	10:30am	
	6:30pm							11:00am	
	7:00pm							11:30am	
	<i>bronze challenge, personal survival 1 and stroke development</i>							✓	12:00pm
									12:30pm
								1:00pm	
								1:30pm	

class	times	mon	tues	wed	thurs	fri	sat	times	
stage 9	3:30pm							8:00am	
	4:00pm				✓			8:30am	
	4:30pm						✓	9:00am	
	5:00pm							9:30am	
	5:30pm		✓	✓		✓		10:00am	
	6:00pm	✓						10:30am	
	6:30pm		✓	✓				11:00am	
	7:00pm							11:30am	
	<i>silver challenge, personal survival 2 and stroke development</i>							✓	12:00pm
									12:30pm
								1:00pm	
								1:30pm	

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class	times	mon	tues	wed	thurs	fri	sat	times	
stage 10	3:30pm							8:00am	
	4:00pm							8:30am	
	4:30pm							9:00am	
	5:00pm							9:30am	
	5:30pm				✓			10:00am	
	6:00pm		✓					10:30am	
	6:30pm					✓		11:00am	
	6:45pm		✓					11:30am	
	7:00pm							12:00pm	
	<i>gold challenge</i>							✓	12:30pm
									1:00pm
✓								1:30pm	

class	times	mon	tues	wed	thurs	fri	sat	times	
aquatic skills	3:30pm							8:00am	
	4:00pm							8:30am	
	4:30pm							9:00am	
	5:00pm							9:30am	
	5:30pm							10:00am	
	6:00pm							10:30am	
	6:15pm					✓		11:00am	
	6:30pm							11:30am	
	7:00pm		✓	✓				12:00pm	
	<i>advanced swim skills, distance and stamina, basic rescues</i>							✓	12:45pm
									1:00pm
✓								1:30pm	