

Teaching Pool Lessons

Stage 1	Monday	Tuesday	Wed	Thursday	Friday	Saturday			
3.45pm	✓	✓	✓	✓	✓	8.00am	✓	10.45am	✓
4.15pm	✓	✓	✓	✓	✓	8.45am	✓	11.15am	✓
4.45pm	✓	✓	✓	✓	✓	9.15am	✓	11.45am	✓
5.15pm	✓	✓	✓	✓	✓	9.45am	✓	12.15pm	✓
5.45pm	✓	✓	✓	✓	✓	10.15am	✓	12.45pm	✓

For children aged from 4 years who are happy in the water unaccompanied but still require armbands.

Stage 2	Monday	Tuesday	Wed	Thursday	Friday	Saturday			
3.45pm	✓	✓	✓	✓	✓	8.00am	✓	10.45am	✓
4.15pm	✓	✓	✓	✓	✓	8.45am	✓	11.15am	✓
4.45pm	✓	✓	✓	✓	✓	9.15am	✓	11.45am	✓
5.15pm	✓	✓	✓	✓	✓	9.45am	✓	12.15pm	✓
5.45pm	✓	✓	✓	✓	✓	10.15am	✓	12.45pm	✓

For children age 5 years and over who are not confident in the water but don't need armbands.

Stage 3	Monday	Tuesday	Wed	Thursday	Friday	Saturday			
3.45pm	✓	✓	✓	✓	✓	8.00am	✓	10.45am	✓
4.15pm	✓	✓	✓	✓	✓	8.45am	✓	11.15am	✓
4.45pm	✓	✓	✓	✓	✓	9.15am	✓	11.45am	✓
5.15pm	✓	✓	✓	✓	✓	9.45am	✓	12.15pm	✓
5.45pm	✓	✓	✓	✓	✓	10.15am	✓	12.45pm	✓

For children aged 5 years and over who are confident in the water, can get their faces wet and swim 5 metres (without armbands) on their front and back.

Main Pool Lessons

Stage 4	Monday	Tuesday	Wed	Thursday	Friday	Saturday			
4.00pm	✓	✓	✓	✓	✓	9.00am	✓	12.00pm	✓
4.30pm	✓	✓	✓	✓		9.30am	✓	12.30pm	✓
5.00pm	✓	✓	✓	✓		10.00am		1.45pm	✓
5.30pm	✓	✓	✓	✓	✓	10.30am	✓		
6.00pm	✓	✓	✓	✓		11.00am	✓		
6.30pm	✓	✓	✓			11.30am	✓		
7.00pm	✓	✓	✓						

For children aged 5 years and over who can swim 10 metres on their back and front and are able to take instruction on front crawl and back crawl.

Stage 5	Monday	Tuesday	Wed	Thursday	Friday	Saturday			
4.00pm	✓	✓	✓	✓	✓	9.00am	✓	12.00pm	✓
4.30pm	✓	✓	✓	✓	✓	9.30am	✓	12.30pm	✓
5.00pm	✓	✓	✓	✓		10.00am		1.45pm	✓
5.30pm	✓	✓	✓	✓		10.30am	✓		
6.00pm	✓	✓	✓	✓	✓	11.00am	✓		
6.30pm	✓		✓			11.30am	✓		
7.00pm	✓	✓							

For children aged 5 years and over who can swim 16m front crawl and 16m back crawl and are able to take instruction in breast stroke and butterfly

Stage 6	Monday	Tuesday	Wed	Thursday	Friday	Saturday
4.00pm	✓	✓	✓	✓		9.00am ✓ 12.00pm ✓
4.30pm		✓	✓	✓		9.30am 12.30pm
5.00pm	✓	✓	✓	✓	✓	10.00am ✓ 1.45pm ✓
5.30pm		✓	✓			10.30am ✓
6.00pm						11.00am
6.30pm		✓				11.30am ✓
7.00pm						

For children 5 years and over who can swim 16 metres, front crawl, breaststroke and back crawl and take instruction in the deeper water of the main pool.

Stage 7	Monday	Tuesday	Wed	Thursday	Friday	Saturday
4.00pm	✓	✓	✓	✓		9.00am 12.00pm ✓
4.30pm		✓	✓	✓		9.30am 12.30pm
5.00pm						10.00am ✓ 1.45pm
5.30pm					✓	10.30am ✓
6.00pm						11.00am
6.30pm		✓	✓			11.30am
7.00pm	✓					

For children who are 6 years and over, able to swim 25 metres in front crawl, back crawl and breast stroke in good technique

Stage 8	Monday	Tuesday	Wed	Thursday	Friday	Saturday
4.30pm					✓	9.00am 12.00pm
5.00pm		✓	✓	✓		9.30am ✓ 12.30pm
5.30pm	✓		✓	✓		10.00am ✓ 1.00pm
6.00pm		✓				10.30am
6.30pm	✓					11.00am ✓
7.00pm						11.30am ✓

Course covers: ASA Challenge Bronze and Personal Survival I

Stage 9	Monday	Tuesday	Wed	Thursday	Friday	Saturday
5.00pm						9.00am ✓ 12.00pm
5.30pm		✓		✓		9.30am 12.30pm ✓
6.00pm	✓	✓	✓			10.00am ✓ 1.00pm
6.30pm						10.30am
7.00pm			✓			11.00am ✓

Course covers Silver Challenge, Personal Survival 2 and stroke development

Stage 10	Monday	Tuesday	Wed	Thursday	Friday	Saturday
6.00pm				✓	✓	12.30pm
6.30pm						1.00pm ✓
7.00pm		✓				

Course covers gold challenge

Aquatic skills	Monday	Tuesday	Wed	Thursday	Friday	Saturday
6.00pm				✓		12.30pm
6.30pm						1.00pm ✓
7.00pm		✓	✓			

Advanced swim skills, distance and stamina, basic rescues

