

# What you can expect from our classes.

**INFANT AQUATICS:** For ages 6 months to 5 years.

Teaches water safety and survival skills for parents and their children.

Each lesson incorporates songs and fun activities to create positive bonding experiences. Parents can expect to be in the water with the child until Penguin when the parent will gradually step away from involvement in lessons.

**SWIM AND SURVIVE:** For children pre-primary age upwards.

Stages 1-15 teach water safety, survival skills and stroke technique.

Classes are based on the Royal Life Saving Society's Swim and Survive program.

The program encourages progression towards the next level all the way up to the Bronze Star certificate.

**SUPER SHARKS:** Squad-like sessions which cater for swimmers who wish to improve their fitness, skills and stroke technique while working towards joining a swimming squad or improving their stroke for school carnivals. Also excellent for water polo players, and surf life savers. Must be Stage 6+.

## **SPECIALTY & EXTENSION CLASSES:**

**ADULT BEGINNER:** This class is designed for swimmers who may have a fear of the water and are not confident to submerge. The aim is to develop water confidence and teach basic swimming skills.

**ADULT LADIES ONLY BEGINNER:** Female only beginner adult swimming class with a female instructor. This provides women from all cultural backgrounds the opportunity to learn to swim.

**ADULT INTERMEDIATE:** For adults who are comfortable in the water but not confident with specific swimming strokes. They may have participated in the adult beginner classes and would like to develop better swimming technique.

**BABY & ME AQUA PLAY:** Aqua play is a program designed to get little ones used to the water in a fun environment, this is not a class so no enrolment is needed. The Aquarena Swim School will be making toys available for parents and caregivers of young children to come along and play in a sectioned off part of the pool. Normal fees and charges apply.

**\*Specialty & Extension Classes are subject to change and offered on a term-by-term basis**

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*Please note class times and teachers are subject to change. Classes are not scheduled for public holidays. If there is a class that you would like not listed above or available, please contact the Aquarena and we can place you on a waitlist.*

# Aquarena Swim School Timetable

## Term 4: 9 October – 14 December 2023

### INFANT AQUATICS PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:25 Orca	9:30 - 9:55 Jellyfish	9:30 - 9:55 Guppy	8:30 – 8:55 Guppy/ Seahorse	<b>9:00 to 11:00 Baby &amp; Me Aqua Play</b>		Interested in becoming a Swimming Teacher  Contact Julie Talbot for more information 9956 6906
9:30 - 9:55 Dolphin	10:00 - 10:25 Seahorse	10:00 - 10:25 Piranha	9:00 - 9:25 Snapper			
10:00 - 10:25 Manta Ray	10:30 - 10:55 Snapper	10:30 - 10:55 Penguin	9:30 – 9:55 Manta Ray			
10:30 - 10:55 Piranha	11:00 - 11:25 Penguin	11:00 - 11:25 Manta Ray	10:00 - 10:25 Walrus			
11:00 - 11:25 Snapper	11:30 - 11:55 Manta Ray	11:30 - 11:55 Dolphin				
11:30 - 11:55 Guppy	12:00 – 12:25 Walrus	12:00 – 12:25 Orca				

### SWIM & SURVIVE PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:35 - 4:05 Stage 2		3:35 - 4:05 Stage 1 Stage 3	3:35 - 4:05 Stage 3	3:35 - 4:05 Stage 5/6	8:30 – 9:00 Stage 6	9:30 -10:00 Stage 1
	4:10 – 4:40 Stage 3	4:10 – 4:40 Stage 2	4:10 - 4:40 Stage 4 Stage 1		9:05 – 9:35 Stage 4	10:05 – 10:35 Stage 2
4:55 – 5:25 Stage 4	4:45 - 5:15 Stage 6	4:45 – 5:15 Stage 4	4:45 - 5:15 Stage 2 Stage 5	4:55 – 5:25 Stage 2	9:40 – 10.10 Stage 3	10:40 – 11:10 Stage 3
		4:55 – 5:25 Stages 5/6	5:20 -5:50 Stage 10 +	5:30 – 6:00 Stage 3	10:15 – 10:45 Stage 2	11:15 – 11:45 Stage 4
		5:20 – 5:50 Stage 3			10:50 – 11:20 Stage 1	11:50 – 12:20 Stage 5 -7
		5:30 – 6:00 Stage 7-9				

### SPECIALTY AND EXTENSION CLASSES PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:10 – 4:50 Multi Supersharks	3:35 - 4:05 S.N.A.P. 4 Kids	4:10 – 4:50 Multi Supersharks		4:10 – 4:50 Multi Supersharks		
5:30 – 6:00 Adult Beginners (Ladies Only)	5:20 – 5:50 Adult Beginners		5:20 – 5:50 Adult Intermediate			

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