

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 5+.

PRIVATE LESSONS: For all swimmers aged 3 years or above. Work with the instructor to improve and achieve goals in a one-on-one environment. Lessons are individually scheduled according to teacher and student availabilities.

SPECIALTY & EXTENSION CLASSES:

JUNIOR LIFEGUARD CLUB: For children aged 8-15 to keep interested and active in aquatics, especially quick learners and those caught between levels and programs. An opportunity to further develop swimming skills at the same time as developing new and challenging lifesaving skills. Recommended for stages 6-12.

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.

****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 3: 19 July – 24 September 2021

INFANT AQUATICS PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:25 Guppy/ Seahorse	9:30 - 9:55 Guppy/Seahorse	9.00 – 9.25 Jellyfish/Guppy	11:00 - 11:25 Guppy	9.00 – 9.25 Walrus/Orca	10.30 – 10.55 Snapper	12.20 – 12.45 Dolphin
9:30 - 9:55 Snapper/ Piranha	10.00 – 10.25 Piranha	9:30 - 9:55 Penguin	11.30 – 11.55 Seahorse	9:30 - 9:55 Dolphin	11.00 – 11.25 Penguin	12.50 -1.15 Manta Ray
10:00 - 10:25 Dolphin	10:30 - 10:55 Penguin	10:00 - 10:25 Dolphin	12:00 - 12:25 Manta Ray	10:00 - 10:25 Manta Ray	11.30 – 11.55 Manta Ray	1.20 – 1.45 Penguin
10:30 - 10:55 Walrus/Orca	11.00 – 11.25 Manta Ray	10:30 - 10:55 Walrus/Orca	12:30 - 12:55 Dolphin	10:30 - 10:55 Snapper	12.00 – 12.25 Walrus/Orca	1.50 – 2.15 Snapper / Piranha
						2.20 – 2.45 Guppy/Seahorse

SWIM & SURVIVE PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30 - 4:00 Stage 1	3:45 - 4:15 Stage 1	3:30 - 4:00 Stage 2	3:30 - 4:00 Stage 2	3:30 - 4:00 Stage 2	11.55 -12.25 Stage 5/6	10.00 – 10.30 Stage 6/7
4:05 - 4:35 Stage 2	4:20 - 4:50 Stage 2	4:05 - 4:35 Stage 3	4:05 - 4:35 Stage 3	4:05 - 4:35 Stage 4	12.30 – 1.00 Stage 4	10.35 – 11.05 Stage 5
	4:55 - 5:25 Stage 5-7		4:40 - 5:10 Stage 8 – 11		1.05 – 1.35 Stage 3	11.10 – 11.40 Stage 3
5:25 - 5:55 Stage 4		5.25 – 5.55 Stage 4/5		5:25 - 5:55 Stage 12+	1.40 – 2.10 Stage 2	11.45 – 12.15 Stage 1
					2.15 – 2.45 Stage 1	

SPECIALTY AND EXTENSION CLASSES PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
4:40 - 5:20 Supersharks	5:30 – 6.00 Adult Beginners	4:40 - 5:20 Supersharks	5.15 – 5.45 Adult intermediate	4:40 - 5:20 Supersharks

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