

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

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.

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+.

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.

STROKE CORRECTION: Designed for individuals who want to improve their stroke, diving or tumble turn techniques. Perfect for individuals branching out into triathlons or other water sports.

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.

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City of
Greater Geraldton
Aquarena



Please note class times and teachers are subject to change. Classes are not scheduled for public holidays.

Aquarena Swim School Timetable

Term 2: 29 April - 7 July 2019

Last Updated 9/4/19

INFANT AQUATICS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00-9.25 Jellyfish/Guppy Snapper/Piranha	9.00-9.25 Guppy/Seahorse	9.00-9.25 Jellyfish/Guppy Walrus/Orca	9.00-9.25 Guppy/Seahorse	9.00-9.25 Guppy/Seahorse	9.10-9.35 Manta Ray	9.05-9.30 Walrus/Orca Snapper
9.30-9.55 Penguin Manta Ray	9.30-9.55 Jellyfish Penguin	9.30-9.55 Seahorse Snapper/Piranha	9.30-9.55 Snapper/Piranha Jellyfish/Guppy	9.30-9.55 Penguin	9.40-10.05 Jellyfish	9.35-10.00 Dolphin Manta Ray
10.00-10.25 Guppy/Seahorse Walrus/Orca	10.00-10.25 Manta Ray/Dolphin Snapper/Piranha	10.00-10.25 Manta Ray/Dolphin Penguin	10.00-10.25 Penguin Walrus/Orca	10.00-10.25 Manta Ray/Dolphin	10.10-10.35 Guppy Penguin	10.05-10.30 Guppy/Seahorse
10.30-10.55 Dolphin	10.30-10.55 Walrus/Orca	10.30-10.55 Walrus/Orca	10.30-10.55 Manta Ray/Dolphin	10.30-10.55 Snapper/Piranha	10.40-11.05 Seahorse Snapper	10.35-11.00 Jellyfish
				11.00-11.25 Walrus/Orca	11.10-11.35 Dolphin Walrus	10.40-11.05 Walrus
					11.40-12.05 Orca Piranha	11.05-11.30 Piranha
3.25-3.50 Manta Ray/Dolphin		3.25-3.50 Dolphin/Walrus		3.25-3.50 Manta Ray/Dolphin	12.10-12.35 Walrus Dolphin	11.10-11.30 Manta Ray/Dolphin

SWIM & SURVIVE PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3.30-4.00 Stage 1	3.30-4.00 Stage 2	3.30-4.00 Stage 2	3.30-4.00 Stage 3	3.30-4.00 Stage 1	9.05-9.35 Stage 1	9.05-9.35 Stage 1
3.55-4.25 Stage 2		3.55-4.25 Stage 1		3.55-4.25 Stage 2	9.40-10.10 Stage 2	9.40-10.10 Stage 3
4.05-4.35 Stage 3	4.05-4.35 Stage 3	4.05-4.35 Stage 3	4.05-4.35 Stage 2	4.05-4.35 Stage 3	10.15-10.45 Stage 4/5/6	10.05-10.35 Stage 6/7
4.40-5.10 Stage 4/5/6	4.40-5.10 Stage 4/5/6	4.40-5.10 Stage 4/5	4.40-5.10 Stage 4/5/6	4.40-5.10 Stage 4/5/6	10.50-11.20 Stage 3	10.15-10.45 Stage 2
5.15-5.45 Stage 7-12	5.15-5.45 Stage 7-12	5.15-5.45 Stage 6/7 Stage 8-13	5.15-5.45 Stage 7-12	5.15-5.45 Stage 7-12	10.50-11.20 Stage 7-12	10.50-11.20 Stage 4/5
						11.25-11.55 Stage 8-13

SPECIALTY AND EXTENSION CLASSES PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4.30-5.10 Super Sharks		4.30-5.10 Super Sharks		4.30-5.10 Super Sharks	9.15-9.55 Super Sharks	11.40-12.40 Junior Lifeguard Club
	5.50-6.20 Adult Ladies Only Beginner		5.50-6.20 Adult Beginner		12.40-1.10 Adult Beginner	

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