

Monday											
Time	4.30 - 5.00pm			5.00 - 5.45pm		5.45 - 6.45pm		6.45 - 7.45pm			
Level	Turtle			Starfish		Dolphin & Squads		Adult Swim			
Wednesday											
Time	4.30 - 5.00pm			5.00 - 5.45pm		5.45 - 6.30pm		6.30 - 7.15pm			
Level	Penguin			Starfish		Squad Pool Fitness Sessions		Squad Pool Fitness Sessions			
Thursday											
Time	4.30 - 5.00pm			5.00 - 5.45pm		5.45 - 6.45pm		6.45 - 7.15pm			
Level	Turtle			Nemo		Dolphin & Squads		Penguin			
Saturday											
Time	8.00 - 8.30am	8.30 - 9.00am	9.00 - 9.30am	9.30 - 10.00am	10.00 - 10.45am	10.45 - 11.30am	11.30 - 12.00pm	12.00 - 12.30pm	12.30 - 1.00pm		
Level	Turtle	Penguin	Turtle	Penguin	Starfish	Nemo	Penguin	Turtle	Penguin		
Sunday											
Time	2.00 - 2.30 pm			2.30 - 3.00 pm		3.00 - 3.45 pm		3.45 - 4.30 pm		4.30 - 5.00pm	5.00 - 6.00pm
Level	Turtle			Penguin		Starfish		Nemo		Turtle	Dolphin & Squads

Swimming Level Key				
Level 1 Turtle Age 3 - 4 years*	Level 2 Penguin Age 5 - 6 years*	Level 3 Starfish Age 7 - 8 years*	Level 4 Nemo Age 8 - 9 years*	Level 5 Dolphin & Squads Age 9 years +*
*Above key is estimated level, but will be determined by swimming assessment with one of our coaches				