

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				
Tuesday										
Time			4.30 - 5.00pm	5.00 - 5.45pm	5.45 - 6.45pm	6.45 - 7.30pm				
Level			Penguin	Nemo	Dolphin & Squads	Squad Pool Fitness Sessions				
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 - 7.45pm				
Level			Turtle	Nemo	Dolphin & Squads	Adult Swim				
Friday										
Time			4.30 - 5.00pm	5.00 - 5.45pm	5.45 - 6.30pm	6.30 - 7.00pm				
Level			Turtle	Starfish	Nemo	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	12:30-1:00 pm	
Level	Turtle	Penguin	Turtle	Penguin	Starfish	Nemo	Penguin	Turtle	Penguin	

Level 1 Turtle Age 4 - 5 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 +*
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