

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aquababies 1 (30 minutes)</b>	9.00am, 10.00am	9.00am, 10.00am	9.00am, 10.00am	9.00am, 10.00am	9.00am, 10.00am	1.00pm, 2.00pm
<b>Aquababies 2 (30 minutes)</b>	9.30am, 10.30am	9.30am, 10.30am	9.30am, 10.30am	9.30am, 10.30am	9.30am, 10.30am	1.30pm, 2.30pm
<b>Starfish (30 minutes)</b>	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	1.00pm-3.00pm
<b>Tadpoles (30 minutes)</b>	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	1.00pm-3.00pm
<b>Jellyfish (30 minutes)</b>	3.30pm-6.30pm	4.00pm-6.30pm	3.30pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	9.00am-12.00pm
<b>Clownfish (30 minutes)</b>	3.30pm-6.30pm	4.00pm-6.30pm	3.30pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	9.00am-12.00pm
<b>Sea Turtles (30 minutes)</b>	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	9.00am-12.00pm
<b>Dolphins (30 minutes)</b>	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	9.00am-12.00pm
<b>Frogs (30 minutes)</b>	4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	9.00am-12.00pm
<b>Seals (30 minutes)</b>	4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	9.00am-12.00pm
<b>Killer Whales (45 minutes)</b>	3.45pm-6.00pm	3.45pm-6.00pm	5.15pm-6.00pm	3.45pm-6.00pm	3.45pm-6.00pm	9.00am-12.00pm
<b>Adult LTS</b>	N/A	7.00pm-8.00pm	N/A	7.00pm-8.00pm	N/A	N/A
<b>Fitness Squad</b>	6.45pm-8.00pm	6.45pm-8.00pm	6.45pm-8.00pm	6.45pm-8.00pm	N/A	N/A
<b>Junior Squad</b>	N/A	5.45pm-7.00pm	N/A	5.45pm-7.00pm	5.45pm-7.00pm	N/A
<b>Development Squad</b>	5.45pm-7.00pm	N/A	5.45pm-7.00pm	N/A	5.45pm-7.00pm	7.45am-9.00am
<b>State Squad</b>	4.00pm-6.00pm	4.00pm-6.00pm	5:45am-7:30am	6.15pm-8.00pm	5.45am-7.30am	7.00am-9.00am
<b>National Squad</b>	5.00am-7.00am	4.00pm-6.00pm	5.45pm-7.30pm	4.00pm-6.00pm	5.00am-7.00am	6.45am-8.45am
<b>Performance Squad</b>	5.00am-7.00am 4.00pm-6.00pm	5.00am-7.00am	4.00pm-6.00pm	5.00am-7.00am	5:00am-7:00am 4.00pm-6.00pm	6.45am-8.45am

\* Please note that Squad session are subject to change from time to time; please contact the front desk on 8334 1285 if you are unsure