

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquababies 1 (30 minutes)	9.00am, 10.00am	9.00am, 10.00am	9.00am, 10.00am	9.00am, 10.00am	9.00am, 10.00am	1.00pm, 2.00pm, 3:00pm
Aquababies 2 (30 minutes)	9.30am, 10.30am	9.30am, 10.30am	9.30am, 10.30am	9.30am, 10.30am	9.30am, 10.30am	1.30pm, 2.30pm, 3:30
Starfish (30 minutes)	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	1.00pm-4.00pm
Tadpoles (30 minutes)	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	9.00am-11.00am	1.00pm-3.00pm
Jellyfish (30 minutes)	3.30pm-6.30pm	4.00pm-6.30pm	3.30pm-6.30pm	4.00pm-6.30pm	4.00pm-6.00pm	8.00am-12.15pm
Clownfish (30 minutes)	3.30pm-6.30pm	4.00pm-6.30pm	3.30pm-6.30pm	4.00pm-6.30pm	4.00pm-6.00pm	8.00am-12.15pm
Sea Turtles (30 minutes)	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.00pm	8.00am-12.15pm
Dolphins (30 minutes)	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.30pm	4.00pm-6.00pm	8.00am-12.15pm
Frogs (30 minutes)	4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	4.00pm-6.00pm	9.00am-12.00pm
Seals (30 minutes)	4.00pm-5:30pm	4.00pm-5:30pm	4.00pm-5:30pm	4.00pm-5:30pm	4.00pm-5:30pm	9.00am-12.00pm
Killer Whales (45 minutes)	3.45pm-6.00pm	3.45pm-6.00pm	5.00pm-5:45pm	3.45pm-6.00pm	3.45pm-6.00pm	9.00am-12.15pm
Adult LTS	7.00pm-8.00pm	7.00pm-8.00pm	7.00pm-8.00pm	N/A	N/A	N/A
Fitness Squad	7:00pm-8.00pm	7:00pm-8.00pm	7:00pm-8.00pm	7:00pm-8.00pm	N/A	N/A
Junior Squad	N/A	5.45pm-7.00pm	N/A	5.45pm-7.00pm	6:00pm-7.00pm	N/A
Development Squad	5.45pm-7.00pm	N/A	5.45pm-7.00pm	N/A	5.45pm-7.00pm	7.45am-9.00am
State Squad From 12/4/21	5:30pm-7:00pm	4:00pm-6:00pm	5:30am-7:00am	5:30am-7:00am	N/A	7:15am-9:30am
National Squad From 19/4/21	5.00am-7.00am	5.00am-7.00am	4:00-6:00pm	4:00-6:00pm	5.00am-7.00am	5:00am-7:00am
Performance Squad From 27/4/21	5.00am-7.00am 4:00pm-5:45pm	5:00am-7:00am	4.00pm-6.00pm	5.00am-7.00am	4.00pm-6.00pm	6.00am-8.00am 8:00am-9:00am Gym

* Please note that Squad sessions are subject to change, please follow the timetable your appointed coach has provided if it differs; contact the front desk on 8334 1285 if required