



### Term 3, 2024

Continual learning is extremely beneficial for your child and will keep your swimmers progress on track.

**Benefits of swimming all year round include:**

- Develop a skill that will last a lifetime – Almost all ages and ability levels can use the water for recreation, exercise and sport.
- Improve Safety – Keep up important experience and skills, the risks don't go away during cooler times of the year.
- Maintain Skills – Skills need re-enforcement, or they can regress, especially with children under 5 years.
- Physical Fitness - Establish a routine of fitness, swimming offers healthy benefits with minimal risk of sport related injury.
- Swimming keeps the immune system in shape and exercise invigorates the entire body.
- Ongoing stimulation and developmental benefit
- It's Fun! - Continue the enjoyment.

**Term 3, 2024 Timetable - Daily Class Times – Mon (8 Weeks)/Wed, Thurs & Fri (10weeks)**

Level					Pricelist MONDAY	Pricelist WED/ THURS & FRI
Starfish	3.45pm	4.10pm	4.35pm	5.00pm	\$176.00	\$220.00
Seahorse	3.45pm	4.20pm	4.55pm		\$170.00	\$212.50
Jellyfish	3.45pm	4.20pm	4.55pm		\$164.00	\$205.00
Octopus	3.45pm	4.20pm	4.55pm		\$164.00	\$205.00
Otters	3.45pm	4.20pm	4.55pm		\$164.00	\$205.00
Seals	3.45pm	4.20pm	4.55pm		\$160.00	\$200.00
Dolphins	3.45pm	4.20pm	4.55pm		\$160.00	\$200.00
Sharks	3.45pm	4.35pm			\$166.50	\$195.00
Swordfish	3.45pm	4.35pm			\$156.00	\$195.00
Marlins	3.45pm				\$156.00	\$195.00
Orcas	3.45- 4.55pm				\$156.00	\$195.00
Hale Boys Swim Fit Group						\$185.25 (Fri only)

**Daily Class Times – Saturday (8 weeks)**

Level								Pricelist
Starfish	1.00pm	1.25pm	1.50pm	2.15pm	2.40pm	3.05pm	3.30pm	\$176.00
Seahorse	1.00pm	1.35pm	2.10pm	2.45pm	3.20pm			\$170.00
Jellyfish	1.00pm	1.35pm	2.10pm	2.45pm	3.20pm			\$164.00
Octopus	1.00pm	1.35pm	2.10pm	2.45pm	3.20pm			\$164.00
Otters	1.00pm	1.35pm	2.10pm	2.45pm	3.20pm			\$164.00
Seals	1.00pm	1.35pm	2.10pm	2.45pm	3.20pm			\$160.00
Dolphins	1.00pm	1.35pm	2.10pm	2.45pm	3.20pm			\$160.00
Sharks	1.00pm	1.50pm	2.40pm					\$156.00
Swordfish	1.00pm	1.50pm	2.40pm					\$156.00
Marlins		1.50pm						\$156.00
Swim Fit Group		1.50pm						\$156.00