



# Royal Life Saving - Aquatic Academy Seven Hills

## Adult Program Timetable – Term 1 2024

Learning to swim is an incredibly rewarding and enjoyable experience. Part of the learning process is practicing the skills taught in lessons to retain and then build on, getting better every time you are in the water. We recognise the need to practice and offer fantastic additional opportunities to access our water every day! Try one of these programs and see the improvements immediately!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12noon	Adult Beginner	Adult Beginner	Adult Beginner		(11.30am) Adult Beginner	
2:30pm						Adult Beginner
3:00pm						(3.15pm) Adult Intermediate*
7:30pm	Adult Beginner		Adult Beginner	Adult Beginner	Adult Beginner	
	Adult Intermediate			Adult Intermediate*	Adult Intermediate	

\*Program held in 25m pool

### Adult Learn to Swim:

If you want a flexible approach to Adult Learn to Swim lessons that help to develop water confidence, aquatic survival skills through to basic swim strokes, this is the program for you! Lessons are 45 minutes in duration, and you can swim as much (or as little) as you would like. Book in 24hrs in advance and get started today!

Adult Learn to Swim Program	
5 lessons \$97.50	3-month expiry
10 lessons \$190.00	6-month expiry
15 lessons \$285.00	12-month expiry