**Royal Life Saving - Aquatic Academy Seven Hills**

Adult Program Timetable February 2025

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.

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | | **Sunday** |
| **10.45am – 11.30am** |  |  |  |  |  |  | | Adult Intermediate / Advanced # |
| **11.30am -12.15pm** | Adult Beginner \* |  | Adult Beginner \* |  | Adult Beginner \* |  | |  |
| **12noon – 12.45pm** |  |  |  | Adult Beginner \* |  |  | |  |
| **12.45pm – 7.30pm**  **Mon - Fri** | No Aqua laps or Aqua Play or Adult Program during these times | | | | |  | |  |
| **1.30pm – 2.15pm** |  |  |  |  |  | Adult Intermediate \* | Adult Beginner |  |
| **2.15pm – 3.00pm** |  |  |  |  |  | Adult  Beginner | |  |
| **7.30pm – 8.15pm** | Adult Beginner | Adult Beginner | Adult Beginner | Adult Beginner | Adult Beginner |  | |  |
| Adult Intermediate | Adult Intermediate / Advanced # |  | Adult Intermediate / Advanced # |  |  | |  |

**\*** Program may be held in Training Pool – 2mtrs deep - Please check with Reception Staff

**#** Advanced held in Training Pool – 2mtrs deep

**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!

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| **Adult Learn to Swim Program** | |
| 5 lessons $100 | 3-month expiry |
| 10 lessons $195.00 | 6-month expiry |
| 15 lessons $290.00 | 12-month expiry |