



# Royal Life Saving - Aquatic Academy Seven Hills

## Adult Program Timetable June 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.

### 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 \$100	3-month expiry
10 lessons \$195.00	6-month expiry
15 lessons \$290.00	12-month expiry

	Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
10am			10.30 am Adult Beginner *					
11am	11.30am Adult Beginner *		11.15 am Adult Beginner *	11.30am Adult Beginner *	11.30am Adult Beginner*	11.30am Adult Beginner *		
12pm	12.15am Adult Beginner *		12 noon Adult Beginner *			12.15am Adult Beginner *		
			12.45pm Adult Beginner *					12noon Adult Intermediate / Advanced #
1pm							1.30am Adult Beginner *	
2pm							2.15pm Adult Beginner *	
6pm					6.30pm Adult Beginner *			
7pm			7pm Adult Beginner		7.15pm Adult Beginner *			
	7.30pm Adult Beginner	7.30pm Adult Beginner		7.30pm Adult Beginner	7.30pm Adult Beginner	7.30pm 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							