**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!

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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 |

**Adult Learn to Swim Timetable:**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 | | | | | | | |