



# **PSLC Swimming Lesson Academy**

## **Timetable September 2025**

<b>Monday</b>	<b>2:15pm - Seahorse / Goldfish</b> <b>2:50pm - Seahorse / Turtles</b>
<b>Tuesday</b>	<b>1pm / 1:30pm / 2pm - Seahorse</b> <b>2:45pm - Goldfish / Turtles</b> <b>3:20pm - Goldfish / Starfish / Seals / Dolphins</b> <b>3:55pm - Turtles / Starfish / Crocs / Orcas</b> <b>8pm - Adults</b>
<b>Wednesday</b>	<b>10am - Adults</b> <b>12pm / 12:30pm / 1pm / 1:30pm - Seahorse</b> <b>2:45pm - Goldfish / Starfish / Seals</b> <b>3:20pm - Goldfish / Starfish / Seals / Dolphins / Orcas</b> <b>3:55pm - Turtles / Starfish / Seals / Crocs / Orcas</b> <b>4:30pm - Goldfish / Turtles / Crocs / Dolphins</b>
<b>Thursday</b>	<b>2:15pm - Seahorse / Goldfish</b> <b>2:50pm - Goldfish / Turtles / Seals</b> <b>3:25pm - Turtles / Starfish / Seals / Crocs</b> <b>4pm - Goldfish / Starfish / Crocs / Dolphins / Orcas</b> <b>4:35pm - Goldfish / Turtles / Seals / Dolphins</b> <b>5:10pm - Turtles / Starfish / Crocs / Orcas</b> <b>5:45pm - Goldfish / Starfish / Seals / Dolphins / Orcas</b> <b>6:20pm - Advanced ( Bronze / Silver / Gold )</b> <b>8pm - Teen Team</b>
<b>Friday</b>	<b>2:15pm - Seahorse / Goldfish</b> <b>2:50pm - Seahorse / Starfish / Seals</b> <b>3:25pm - Turtles / Starfish / Crocs / Dolphins</b> <b>4pm - Goldfish / Turtles / Seals / Crocs / Orcas</b> <b>4:35pm - Goldfish / Starfish / Seals / Dolphins</b> <b>5:10pm - Rookie Lifeguard / Advanced Lanes ( Bronze / Silver / Gold )</b>



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<b>Saturday</b>	<b>10am - Goldfish / Turtles / Seals / Orcas</b> <b>10:35am - Goldfish / Starfish / Seals / Dolphins</b> <b>11:10am - Turtles / Starfish / Crocs / Orcas</b> <b>11:45am - Seahorses / Turtles / Seals / Dolphins</b> <b>12:20pm - Goldfish / Starfish / Seals / Crocs</b>
<b>Sunday</b>	<b>1:50pm - Seahorses / Goldfish / Seals / Crocs</b> <b>2:25pm - Turtles / Starfish / Dolphins / Orcas</b> <b>3pm - Goldfish / Turtles / Seals / Crocs</b> <b>3:35pm - Goldfish / Starfish / Seals / Dolphins</b> <b>4:10pm - Turtles / Starfish / Crocs / Orcas</b> <b>4:45pm - Turtles / Starfish / Seals / Dolphins</b> <b>5:20pm - Goldfish / Starfish / Crocs / Orcas</b> <b>5:55pm - Goldfish / Turtles / Seals / Dolphins</b> <b>6:30pm - Goldfish / Turtles / Seals / Crocs</b>

- Lessons run for a total of 30 minutes and Advanced/Rookie and Adults run for 40 minutes.
- Lessons will commence the week of September 8th and run for a total of 13 weeks.
- If it is the first time enrolling in PSLC lessons, please read the lesson group criteria.

