



PSLC Swimming Lesson Academy

Timetable 2026/2027

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



PSLC Swimming Lesson Academy **Timetable September 2026/2027**

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

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

