



Timetable

As of January 18th 2021 Subject to change and class availability
 All bookings can be made through our customer portal www.cmeswim.com.au > BOOK NOW

Babies and Toddlers

This program is designed for the education of both parents and their children in the water together.

Beginner Bubs	Wed-10:30AM-10:45AM Wed-10:45AM-11:00AM Fri-11:00AM-11:15AM	Free Class for babies from 6 weeks – 5 months. Babies and children learn through play and self-exploration, both in and out of the water. By maintaining baby's natural affinity to the water. Early introduction encourages movement, bonding and sensory stimulation which helps the brain development and is important for physical, emotional and psychological development
Aqua Bubs	Mon-8:30AM-9:00AM Mon-10:00AM-10:30AM Tue-9:30AM-10:00AM Wed-8:30AM-9:00AM Thu-8:30AM-9:00AM Thu-9:30AM-10:00AM Fri-8:30AM-9:00AM Sat-7:30AM-8:00AM Sat-8:30AM-9:00AM Sat-9:30AM-10:00AM Sat-10:30AM-11:00AM	5 months – 15 months. Our Aqua Bubs classes are a fun and gentle introduction to the water introducing water conditioning skills with songs and activities.
Aqua Tots	Mon-9:00AM-9:30AM Mon-9:30AM-10:00AM Mon-2:30PM-3:00PM Tue-8:30AM-9:00AM Tue-9:00AM-9:30AM Wed-9:00AM-9:30AM Thu-2:30PM-3:00PM Fri-9:00AM-9:30AM Fri-9:30AM-10:00AM Sat-8:00AM-8:30AM Sat-9:00AM-9:30AM Sat-10:00AM-10:30AM	15 months until 3 years. These little swimmers will further develop their water conditioning skills and become familiar with skills such as, climbing in and out of the pool and being submersed under the water.
Transition Tots	Mon-9:00AM-9:30AM Mon-9:30AM-10:00AM Tue-9:30AM-10:00AM Wed-8:00AM-8:30AM Thu-8:30AM-9:00AM Thu-9:00AM-9:30AM Fri-8:30AM-9:00AM Fri-9:00AM-9:30AM Fri-11:00AM-11:30AM Sat-8:00AM-8:30AM EHSS Sat-8:00AM-8:30AM Sat-9:00AM-9:30AM Sat-11:00AM-11:30AM Sat-11:30AM-12:00PM	From 2.5 or 3 years At C-ME Swim we recognise that moving from our baby classes to our level one learn to swim can be a delicate time for both the child and parents. Transition Tots allows our staff to build a positive, trusting relationship with your child. Parents/Guardians are beginning to slowly transition out of the water during this program.



Learn to Swim Levels		
Level 1	Mon-8:30AM-9:00AM Mon-9:30AM-10:00AM Mon-10:00AM-10:30AM Mon-3:00PM-3:30PM Mon-4:30PM-5:00PM Tue-8:30AM-9:00AM Tue-9:30AM-10:00AM Tue-3:00PM-3:30PM Wed-4:00PM-4:30PM Wed-4:30PM-5:00PM Thu-9:00AM-9:30AM Thu-9:30AM-10:00AM Thu-3:00PM-3:30PM Thu-3:00PM-3:30PM Fri-9:00AM-9:30AM Fri-9:30AM-10:00AM Fri-4:30PM-5:00PM Sat-7:30AM-8:00AM Sat-8:30AM-9:00AM Sat-8:30AM-9:00AM EHSS Sat-9:30AM-10:00AM Sat-9:30AM-10:00AM EHSS Sat-10:30AM-11:00AM EHSS Sat-10:45AM-11:15AM Sat-11:15AM-11:45AM Sat-12:00PM-12:30PM Sat-12:00PM-12:30PM	Kick independently (long legs and floppy feet) Fall in and turn around and climb out independently Jump in and roll to back and float with minimal assistance Push and glide with pencil arms Use 'big arms' with roll and rest for 5m Ready position independently
Level 2	Mon-9:00AM-9:30AM Mon-10:00AM-10:30AM Mon-10:30AM-11:00AM Mon-3:30PM-4:00PM Mon-4:00PM-4:30PM Tue-8:30AM-9:00AM Tue-9:00AM-9:30AM Tue-3:30PM-4:00PM Tue-4:00PM-4:30PM Wed-10:00AM-10:30AM Thu-8:30AM-9:00AM Thu-9:30AM-10:00AM Thu-4:00PM-4:30PM Thu-4:00PM-4:30PM Thu-5:00PM-5:30PM Fri-8:30AM-9:00AM Fri-9:30AM-10:00AM Fri-4:00PM-4:30PM Sat-8:00AM-8:30AM EHSS Sat-8:30AM-9:00AM EHSS Sat-10:00AM-10:30AM Sat-10:00AM-10:30AM EHSS Sat-11:00AM-11:30AM EHSS	Tread water and scull Roll and rest, back float independently Dive from sitting Big arms (freestyle) with roll and rest 15m Jump in and push off the pool bottom Kick in a streamlined position Swim basic backstroke 5m
Level 3	Mon-3:30PM-4:00PM Tue-4:00PM-4:30PM Tue-5:00PM-5:30PM Thu-3:30PM-4:00PM Thu-4:30PM-5:00PM Fri-4:00PM-4:30PM Sat-7:30AM-8:00AM EHSS Sat-9:00AM-9:30AM EHSS	Tread water unassisted for 30 seconds Demonstrate a reaching rescue Develop sculling skills front and back Demonstrate freestyle with side breathing 25m Backstroke 25m Basic Breaststroke Basic Dive entry Introduction to lane swimming

C-Me Excel Squads

At C-Me Swim our C-Me Excel Squad Swimming program consists of 3 levels: Bronze (30 minutes), Silver (45 minutes) and Gold (60 minutes). The program at C-Me Swim is staffed by qualified swimming instructors and coaches, proficient in teaching all strokes and associated skills.

Bronze Squad	Mon-4:00PM-4:30PM Tue-3:30PM-4:00PM Tue-4:30PM-5:00PM Wed-3:30PM-4:00PM Thu-3:30PM-4:00PM Fri-3:30PM-4:00PM Sat-9:00AM-9:30AM EHSS	Bronze continues to nurture each child and continue their learn to swim journey, they will continue developing all 4 strokes.
Silver Squad	Fri-3:15PM-4:00PM Wed-3:15PM-4:00PM Sat-9:30AM-10:15AM	Silver is a 45-minute lesson with a focus on increasing endurance and stroke skills with fun and stimulating environment.
Specialised Classes		
Private Lessons & C-Me Shine Further times available upon request.	Mon-10:30AM-11:00AM Mon-2:00PM-2:30PM Mon-3:00PM-3:30PM Mon-4:30PM-5:00PM Mon-5:00PM-5:15PM Tue-9:00AM-9:30AM Tue-3:00PM-3:30PM Tue-4:30PM-5:00PM Wed-9:30AM-10:00AM Wed-11:00AM-11:30AM Thu-8:15AM-8:30AM Thu-4:30PM-5:00PM Thu-10:30AM-11:00AM Fri-11:00AM-11:30AM Sat-10:15AM-10:45AM Sat-10:30AM-11:00AM Sat-11:00AM-11:30AM Sat-11:30AM-12:00PM Sat-11:30AM-12:00PM Sat-12:00PM-12:30PM	C-Me Shine: Specialised lessons to suit children with disability The program is then developed to cater for the individual's needs, with a learn to swim focus that is realistic to their ability. Working closely with local disability services the staff at C-Me Swim have designed a unique therapeutic aquatic program for swimmers with disabilities. The lessons are specialised, individual learn to swim lessons for clients with additional physical and intellectual needs.
Adult Group Classes	Sat-7.30-8AM Further lessons available up on request	Beginner, intermediate and advanced lessons available. Private lessons also available.

Port Douglas

Mirage Country Club – Entry to the pool from the carpark entrance.

PORT DOUGLAS Aqua Bubs	Tue-2:30PM-3:00PM Thu-2:30PM-3:00PM Sat-11:00AM-11:30AM
PORT DOUGLAS Aqua Tots	Tue-3:00PM-3:30PM Thu-3:00PM-3:30PM Sat-7:30AM-8:00AM Sat-8:30AM-9:00AM
PORT DOUGLAS Transition Tots	Tue-2:00PM-2:30PM Thu-2:00PM-2:30PM Sat-8:00AM-8:30AM
PORT DOUGLAS Level 1	Tue-3:30PM-4:00PM Tue-4:00PM-4:30PM Thu-3:30PM-4:00PM Thu-4:30PM-5:00PM Sat-9:00AM-9:30AM Sat-10:30AM-11:00AM
PORT DOUGLAS Level 2	Tue-4:00PM-4:30PM Thu-4:00PM-4:30PM Sat-9:30AM-10:00AM Sat-10:00AM-10:30AM
PORT DOUGLAS Level 3	Tue-4:30PM-5:00PM Sat-10:00AM-10:30AM