



Junior Program

2022



Golden Square's
beating heart

LAP CLUB

Every Tuesday from 4pm-5pm

Track laps while being coached by our qualified instructor
Participants may join in anytime during the hour, or stay the whole time
All ages but must be able to swim 50m freestyle
Book online <https://bit.ly/3Gsvibc>

KIDS YOGA

Every Wednesday 5.00pm-5.30pm

Get your body moving while enjoying the outdoors with our experienced yoga teacher
BYO mat or towel. No experience necessary

JUNIOR LIFEGUARD

Every Thursday 4.30pm-5.30pm

Learn what it's like to be Lifeguard while having lots of fun
Participants must 8-15 years old and must be able to swim 50m
All equipment provided
Book online <https://bit.ly/3AY87Ep>

JUNIOR AQUA PLAY

Every Thursday 4.30pm-5.15pm

Structured games and activities both in the water (Intermediate Pool) and on grass for children 4-8 years old
Book online <https://bit.ly/3Lf6W8u>

All programs are completely free!

This is a COVIDSafe Event, parents and anyone 18+ must provide evidence of COVID19 double vaccination or medical exemption to enter the pool grounds.
Parental supervision, as per our Watch Around Water policy, also required.