

## Competition Stream Term 4 Timetable 2022 – Monday 10 October 2022 – Saturday 17 December 2022

Competition Stream		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Level 1	AM		6.10am to 7.30am (inc. Activation)		6.10am to 7.30am (inc. Activation)		9.30am to 10.30am
	PM	3.15pm to 4.00pm (Pymble only)	3.15pm to 4.00pm (Pymble only)	3.15pm to 4.00pm (Pymble only)	3.15pm to 4.00pm (Pymble only)	3.45pm to 4.30pm	
		4.00pm to 4.45pm	4.00pm to 4.45pm	4.00pm to 4.45pm			
Star Level 2	AM		6.10am to 7.30am (inc. Activation)		6.10am to 7.30am (inc. Activation)	6.10am to 7.30am (inc. Activation)	8.30am to 9.30am
	PM	3.45pm to 4.45pm	3.15pm to 4.15pm (Pymble only)	3.45pm to 4.45pm	4:00pm to 5:00pm	4.30pm to 5.30pm	
	4.15pm to 5.15pm						
Cadet Level 3	AM	6.00am to 7.45am (inc. Activation)	6.00am to 7.45am (inc. Activation)		6.00am to 7.45am (inc. Activation)	6.00am to 7.45am (inc. Activation)	6.30am to 10.00am (inc. Activation/Yoga)
	PM	4.15pm to 6.15pm (inc. Activation)	4.15pm to 6.15pm (inc. Activation)	4.15pm to 6.15pm (inc. Activation)			
Engine Level 4	AM	5.30am to 7.45am (inc. Activation)	5.30am to 7.45am (inc. Activation)		5.15am to 7.45am (inc. Gym)	5.30am to 7.45am (inc. Activation)	6.00am to 10.00am (inc. Activation/Yoga)
	PM	4.15pm to 6.30pm (inc. Activation)		4.15pm to 6.30pm (inc. Activation)	3:30pm to 5:30pm (inc. Activation)		
Pride Level 5	AM	5.30am to 7.45am (inc. Activation)	5.15am to 7.45am (inc. Gym)		5.30am to 7.45am (inc. Activation)	5.15am to 7.45am (inc. Gym)	6.00am to 10.00am (inc. Activation/Yoga)
	PM	4.15pm to 6.30pm (inc. Activation)		4.15pm to 6.30pm (inc. Activation)	3:30pm to 5.30pm (inc. Activation)		

## Swim Stream Term 4 Timetable 2022 – Monday 10 October 2022 – Saturday 17 December 2022

Swim Stream*		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Junior Rec 1	AM						10.00am to 10.45am
	PM	3.15pm to 4.00pm	lunchtime** 3.15pm to 4.00pm	3.15pm to 4.00pm	lunchtime** 3.15pm to 4.00pm	3.15pm to 4.00pm	
Swim Fit Rec 2	AM						10.45am to 11.30am
	PM	4.00pm to 4.45pm	lunchtime** 4.00pm to 4.45pm	4.00pm to 4.45pm	lunchtime** 4:00pm to 4.45pm	4.00pm to 4.45pm	
Swim Sport Rec 3	AM	6.15am to 7.30am				6.15am to 7.30am	8.30am to 10.00am
	PM	3.30pm to 4.45pm	4.45pm to 6.00pm	3.30pm to 4.45pm	4:45pm to 6.00pm	4.45pm to 6.00pm	

- \*Swim Stream – *Pymble* students and their siblings only
- \*\*Lunchtime Training available to *Pymble* students only in Swim Junior and Swim Fit during *Pymble* school terms (no lunchtime sessions Tues 6<sup>th</sup>/Thurs 8<sup>th</sup> Dec & Tues 13<sup>th</sup>/Thurs 15<sup>th</sup> Dec 2022)