

### COMPETITION STREAM HOLIDAY PROGRAM TIMETABLE DECEMBER 2022 & JANUARY 2023 – PRIDE SQUAD

Competition Stream		Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	AM	Monday 19 December to Friday 23 December	6.00am to 8.00am	6.00am to 8.00am	6.00am to 8.00am	6.00am to 8.00am	6.00am to 8.00am
	PM			3.00pm to 6.00pm (inc. Gym)	3.00pm to 6.00pm (inc. Gym)		
Week 2	AM	Tuesday 3 January to Friday 6 January	<b>Public Holiday No Training</b>	6.00am to 8.30am	6.00am to 8.30am	6.00am to 8.30am	6.00am to 8.30am
	PM						
Week 3	AM	Monday 9 January to Friday 13 January	5.30am to 8.30am Engine/Pride Camp	5.30am to 8.30am Engine/Pride Camp	5.30am to 8.30am Engine/Pride Camp	5.30am to 8.30am Engine/Pride Camp	5.30am to 8.30am Engine/Pride Camp
	PM			3.00pm to 6.00pm (inc. Gym)		3.00pm to 6.00pm (inc. Gym)	
Week 4	AM	Monday 16 January to Friday 20 January	5.30am to 8.30am	5.30am to 8.30am	5.30am to 8.30am	5.30am to 8.30am	KPSC Festival Swimming Fri 20 <sup>th</sup> & Sat 21 <sup>st</sup>
	PM			3.00pm to 6.00pm (inc. Gym)		3.00pm to 6.00pm (inc. Gym)	
Week 5	AM	Monday 23 January to Wednesday 25 January	5.30am to 8.30am	5.30am to 8.30am	5.30am to 8.30am	<b>Public Holiday No Training</b>	<b>No Training</b>
	PM		3.00pm to 6.00pm (inc. Gym)	3.00pm to 5.30pm	3.00pm to 6.00pm (inc. Gym)		