

### COMPETITION STREAM HOLIDAY PROGRAM TIMETABLE – Week 1 Monday 25 Sept 2023 – Friday 29 Sept 2023

Competition Stream		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Level 1	AM	9.00am to 10.00am 10.15am to 10.45am Swimnastics	9.00am to 10.00am	9.00am to 10.00am	9.00am to 10.00am	9.00am to 10.00am	No Training
	PM						
Star Level 2	AM	7.30am to 9.00am (inc. Activation) 9.15am to 10.00am Swimnastics	7.30am to 9.00am (inc. Activation)	7.30am to 9.00am (inc. Activation)	7.30am to 9.00am (inc. Activation)	7.30am to 9.00am (inc. Activation)	No Training
	PM						
Cadet Level 3	AM	7.30am to 9.30am (inc. Activation) 9.15am to 10.00am Swimnastics	7.30am to 9.30am (inc. Activation)	7.30am to 9.30am (inc. Activation)	7.30am to 9.30am (inc. Activation)	7.30am to 9.30am (inc. Activation)	No Training
	PM						
Engine Level 4	AM	5.15am to 7.45am (inc. Activation) 8.00am to 9.00am Swimnastics	5.15am to 7.45am (inc. Gym)	5.15am to 7.45am (inc. Activation)	5.15am to 7.45am (inc. Gym)	5.15am to 9.00am (inc. Activation/Yoga)	No Training
	PM	3.30pm to 5.30pm	3.30pm to 5.30pm	3.30pm to 5.30pm	3.30pm to 5.30pm		
Pride Level 5	AM	5.15am to 7.45am (inc. Activation) 8.00am to 9.00am Swimnastics	5.15am to 7.45am (inc. Gym)	5.15am to 7.45am (inc. Activation)	5.15am to 7.45am (inc. Gym)	5.15am to 9.00am (inc. Activation/Yoga)	No Training
	PM	3.30pm to 5.30pm	3.30pm to 5.30pm	3.30pm to 5.30pm	3.30pm to 5.30pm		

### SWIM STREAM HOLIDAY PROGRAM TIMETABLE 2023 – Week 1 Monday 25 Sept 2023 – Friday 29 Sept 2023

Swim Stream*		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Junior Rec 1	AM	10.30am to 11.30am	10.30am to 11.30am	10.30am to 11.30am	10.30am to 11.30am	10.30am to 11.30am	No Training
	PM						
Swim Fit Rec 2	AM	10.30am to 11.30am	10.30am to 11.30am	10.30am to 11.30am	10.30am to 11.30am	10.30am to 11.30am	No Training
	PM						
Swim Sport Rec 3	AM	9.00am to 10.30am	9.00am to 10.30am	9.00am to 10.30am	9.00am to 10.30am	9.00am to 10.30am	No Training
	PM						

- \*Swim Stream – Pymble students and their siblings only

Updated September 8, 2023