Pymble Swimming

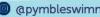


COMPETITION STREAM HOLIDAY PROGRAM TIMETABLE - Week 1 Monday 25 Sept 2023 - Friday 29 Sept 2023

Competition Stream		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Mini	АМ	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	
Level 1	PM							
Star Level 2	АМ	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	AM	7.30am to 9.30am (inc. Activation)	7.30am to 9.30am	7.30am to 9.30am (inc. Activation)	7.30am to 9.30am (inc. Activation)	7.30am to 9.30am (inc. Activation)	No Training	
Level 3		9.15am to 10.00am Swimnastics	(inc. Activation)					
	PM							
Engine	A 8.4	5.15am to 7.45am (inc. Activation)	5.15am to 7.45am	5.15am to 7.45am (inc. Activation)	5.15am to 7.45am (inc. Gym)	5.15am to 9.00am (inc. Activation/Yoga)		
Level 4	AM	8.00am to 9.00am Swimnastics	(inc. Gym)				No Training	
201011	PM	3.30pm to 5.30pm	3.30pm to 5.30pm	3.30pm to 5.30pm	3.30pm to 5.30pm			
Pride	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	
Level 5	PM	3.30pm to 5.30pm	3.30pm to 5.30pm	3.30pm to 5.30pm	3.30pm to 5.30pm		No Fraining	







Pymble Swimming

Pymble Ladies' Gollege

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	АМ	10.30am to 11.30am	No Training				
Rec 1	PM						
Swim Fit	АМ	10.30am to 11.30am	No Training				
Rec 2	PM						
Swim Sport	АМ	9.00am to 10.30am	No Training				
Rec 3	РМ						

*Swim Stream - Pymble students and their siblings only

Updated September 8, 2023

