

## COMPETITION STREAM HOLIDAY PROGRAM TIMETABLE – Week 2 Tuesday 3 October 2023 – Friday 6 October 2023

Competition Stream		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Level 1	AM	Public Holiday No Training	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	No Training
	PM						
Star Level 2	AM	Public Holiday No Training	7.45am to 10.00am (inc. Activation)	7.45am to 10.00am (inc. Activation)	7.45am to 10.00am (inc. Activation)	7.45am to 10.30am (inc. Activation)	No Training
	PM						
Cadet Level 3	AM	Public Holiday No Training	7.00am to 10.00am (inc. Activation)	7.00am to 10.00am (inc. Activation)	7.00am to 10.00am (inc. Activation)	7.00am to 10.00am (inc. Activation)	No Training
	PM						
Engine Level 4	AM	Public Holiday No Training	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						
Pride Level 5	AM	Public Holiday No Training	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						

### SWIM STREAM HOLIDAY PROGRAM TIMETABLE 2023 – Week 2 Tuesday 3 October 2023 – Friday 6 October 2023

Swim Stream*		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Junior Rec 1	AM	Public Holiday No Training	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	No Training
	PM						
Swim Fit Rec 2	AM	Public Holiday No Training	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	No Training
	PM						
Swim Sport Rec 3	AM	Public Holiday No Training	9.00am to 10.30am	9.00am to 10.30am	6.45am to 8.00am	6.45am to 8.00am	No Training
	PM						

- \*Swim Stream – Pymble students and their siblings only
- No competitive or swim stream squad training on Public Holiday Monday 2 October 2023, Labour Day

Updated September 8, 2023