

Competition Stream Term 1 Timetable 2022 – Monday 31 January – Saturday 9 April

Competition Stream		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Level 1	AM		6.10am to 7.30am (inc. Dryland)		6.10am to 7.30am (inc. Dryland)		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. Dryland)		6.10am to 7.30am (inc. Dryland)	6.30am to 7.30am	8.30am to 9.30am
	PM	3.45pm to 4.45pm	3.15pm to 4.15pm (Pymble only)	3.45pm to 4.45pm	3.15pm to 4.15pm (Pymble only)	4.30pm to 5.30pm	
	4.15pm to 5.15pm						
Cadet Level 3	AM	6.00am to 7.45am	6.00am to 7.45am		6.00am to 7.45am	6.00am to 7.45am	6.00am to 10.00am (inc. 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	5.30am to 7.45am		5.30am to 7.45am	5.30am to 7.45am (inc. Gym)	6.00am to 10.00am (inc. Yoga)
	PM	4.15pm to 6.30pm (inc. Activation)		4.15pm to 6.30pm (inc. Activation)	^5.15pm to 6.30pm		
Pride Level 5	AM	5.30am to 7.45am	5.15am to 7.45am (inc. Gym)		5.15am to 7.45am (inc. Gym)	5.30am to 7.45am	6.00am to 10.00am (inc. Yoga)
	PM	4.15pm to 6.30pm (inc. Activation)		4.15pm to 6.30pm (inc. Activation)	^5.15pm to 6.30pm		

Swim Stream Term 1 Timetable 2022 – Monday 31 January – Saturday 9 April

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	Lunchtime **	3.15pm to 4.00pm	
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	Lunchtime **	4.00pm to 4.45pm	
4.00pm to 4.45pm			3.30pm to 4.15pm				
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	^5.15pm to 6.00pm	4.45pm to 6.00pm	

- *Swim Stream – *Pymble* students and their siblings only
- **Lunch Training available to *Pymble* students only in Swim Junior and Swim Fit during *Pymble* school terms (no lunchtime sessions Tuesday 8 February or Tuesday 8 March 2022)
- ^IGSSA Training – Thursday from 3.45pm to 5.15pm from Thursday 3 February 2022. Senior Externals to train 1:45 – 3:45pm during this time

Updated January 25, 2022