## **Pymble Swimming**

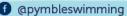
# Pymble Ladies' Gollege

#### COMPETITION STREAM TERM 1 TIMETABLE 2023 - Monday 30 January 2023 - Thursday 6 April 2023

Competition Stream		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Level 1	AM						9.30am to 10.30am
	PM	3.15pm to 4.00pm ( <i>Pymble</i> only)	3.15pm to 4.00pm ( <i>Pymble</i> only)	3.15pm to 4.00pm ( <i>Pymble</i> only)	3.15pm to 4.00pm ( <i>Pymble</i> only)	3.45pm to 4.30pm	
		4.00pm to 4.45pm	4.00pm to 4.45pm	4.00pm to 4.45pm	4.00pm to 4.45pm		
Star	AM		6.10am to 7.30am (inc. Activation)		6.10am to 7.30am (inc. Activation)	6.30am to 7.30am	8.30am to 9.30am
Level 2	PM	3.45pm to 4.45pm	3.15pm to 4.15pm ( <i>Pymble</i> only) 4.15pm to 5.15pm	3.45pm to 4.45pm	3.45pm to 4.45pm	4.30pm to 5.30pm	
Cadet	AM	6.00am to 7.45am	6.00am to 7.45am		6.00am to 7.45am	6.00am to 7.45am	6.30am to 10.00am (inc. Yoga)
Level 3	PM	4.15pm to 6.15pm (inc. Activation)	4.15pm to 6.15pm (inc. Activation)	4.15pm to 6.15pm (inc. Activation)			
Engine	AM	5.30am to 7.45am	5.30am to 7.45am		5.15am to 7.45am (inc. Gym)	5.30am to 7.45am	6.00am to 10.00am (inc. Yoga)
Level 4	PM	4.15pm to 6.30pm (inc. Activation)		4.15pm to 6.30pm (inc. Activation)	3:30pm to 6:00pm (inc. Activation)		
Pride	AM	5.30am to 7.45am	5.15am to 7.45am (inc. Gym)		5.30am to 7.45am	5.15am to 7.45am (inc. Gym)	6.00am to 10.00am (inc. Yoga)
Level 5	PM	3.30pm to 6.30pm (inc. Spin and Activation)		3.30pm to 6.30pm (inc. Spin and Activation)	3:30pm to 6.00pm (inc. Activation)		









## **Pymble Swimming**

# Pymble Ladies' Gollege

#### SWIM STREAM TERM 1 TIMETABLE 2023 - Monday 30 January 2023 - Thursday 6 April 2023

Swim Stream*		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Junior	AM						10.00am to 10.45am
	PM	3.15pm to 4.00pm	lunchtime**	3.15pm to 4.00pm	lunchtime**	- 3.15pm to 4.00pm	
Rec 1			3.15pm to 4.00pm		3.15pm to 4.00pm		
Swim Fit	AM						10.45am to 11.30am
Rec 2	PM	4.00pm to 4.45pm	lunchtime**	4.00pm to 4.45pm	lunchtime**	4.00pm to 4.45pm	
Rec 2			4.00pm to 4.45pm		4:00pm to 4.45pm		
Swim Sport	AM	6.15am to 7.30am				6.15am to 7.30am	8.30am to 10.00am
Rec 3	PM	3.30pm to 4.45pm	4.45pm to 6.00pm	3.30pm to 4.45pm	4:45pm 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 session Tuesday 7 February 2023 due to school carnival)
- ^IGSA Training Friday from 6.30am to 7.45am from Friday 10 February 2023

Updated November 24, 2022