

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 (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	4.00pm to 4.45pm		
Star Level 2	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
	PM	3.45pm to 4.45pm	3.15pm to 4.15pm (Pymble only)	3.45pm to 4.45pm	3.45pm to 4.45pm	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	6.30am 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		5.15am 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)	3:30pm to 6:00pm (inc. Activation)		
Pride Level 5	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)
	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)		

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

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	3.15pm to 4.00pm	lunchtime** 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	4.00pm to 4.45pm	lunchtime** 4.00pm to 4.45pm	4.00pm to 4.45pm	
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	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