

### COMPETITION STREAM HOLIDAY PROGRAM TIMETABLE – Week 1 Monday 30 Sep 2024 – Saturday 5 Oct 2024

Competition Stream		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Level 1	AM	9:00am to 10:00am	9:00am to 10:00am	9:00am to 10:00am	9:00am to 10:00am	9:00am to 10:00am	No Training
	PM						
Star Level 2	AM	8:30am-10:00am (Inc. Activation)	8:30am-10:00am (Inc. Activation)	8:30am-10:00am (Inc. Activation)	8:30am-10:00am (Inc. Activation)	8:30am-10:00am (Inc. Swimnastics)	No Training
	PM						
Cadet Level 3	AM	7:00am-9:30am (Inc. Activation)	7:00am-9:30am (Inc. Activation)	7:00am-9:30am (Inc. Activation)	7:00am-9:30am (Inc. Activation)	7:00 am-9:30am (Inc. Swimnastics)	No Training
	PM						
Engine Level 4	AM	6:00am-9:00am (Activation + Activity)	6:00am-9:00am (Activation + Activity)		6:00am-9:00am (Activation + Activity)	6:00am-9:30am (Inc. Swimnastics)	No Training
	PM	3:00pm-5:30pm (Inc. Gym)		3:00pm-5:30pm (Inc. Gym)			
Pride Level 5	AM	6:00am-9:00am (Activation + Activity)	6:00am-9:00am (Activation + Activity)		6:00am-9:00am (Activation + Activity)	6:00am-9:30am (Inc. Swimnastics)	No Training
	PM	3:00pm-5:30pm (Inc. Gym)		3:00pm-5:30pm (Inc. Gym)			

### SWIM STREAM HOLIDAY PROGRAM TIMETABLE – Week 1 Monday 30 Sep 2024 – Saturday 5 Oct 2024

Swim Stream*		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Junior Rec 1	AM	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	No Training
	PM						
Swim Fit Rec 2	AM	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	No Training
	PM						
Swim Sport Rec 3	AM	9.00am to 10.30am	9.00am to 10.30am	9.00am to 10.30am	9.00am to 10.30am	9.00am to 10.30am	No Training
	PM						

- \*Swim Stream – *Pymble* students and their siblings only
- No competitive or swim stream squad training on Public Holiday Monday 7 October 2024, Labour Day

**Updated 30 August 2024**