

### COMPETITION STREAM HOLIDAY PROGRAM TIMETABLE – Week 2 Monday 7 Oct 2024 – Saturday 12 Oct 2024

Competition Stream		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mini Level 1	AM	Public Holiday No Training	9:00am to 10:00am	9:00am to 10:45am (Inc. Race League and Breakfast)	9:00am to 10:00am	9:00am to 10:00am	No Training
	PM						
Star Level 2	AM	Public Holiday No Training	8:30am-10:00am (Inc Activation)	8:30am-10:45am (Inc. Race League and Breakfast)	8:30am-10:00am (Inc Activation)	8:30am-10:00am (Inc Activation)	No Training
	PM						
Cadet Level 3	AM	Public Holiday No Training	7:00am-11:30am Swim Camp	7:30am-11:30am (Inc Race League and Breakfast)	7:00am-11:30am Swim Camp	7:00am-11:30am Swim Camp	No Training
	PM						
Engine Level 4	AM	Public Holiday No Training	6:00am-9:00am (Activation + Activity)	6:00am-9:00am (Activation + Activity)	6:00am-9:00am (Activation + Activity)	6:00am-9:00am (Activation + Activity)	No Training
	PM		3:00pm-5:30pm (Inc. Gym)		3:00pm-5:30pm (Inc. Gym)		
Pride Level 5	AM	Public Holiday No Training	6:00am-9:00am (Activation + Activity)	6:00am-9:00am (Activation + Activity)	6:00am-9:00am (Activation + Activity)	6:00am-9:00am (Activation + Activity)	No Training
	PM		3:00pm-5:30pm (Inc. Gym)		3:00pm-5:30pm (Inc. Gym)		

### SWIM STREAM HOLIDAY PROGRAM TIMETABLE – Week 2 Monday 7 Oct 2024 – Saturday 12 Oct 2024

Swim Stream*		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Junior Rec 1	AM	Public Holiday No Training	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	No Training
	PM						
Swim Fit Rec 2	AM	Public Holiday No Training	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	No Training
	PM						
Swim Sport Rec 3	AM	Public Holiday No Training	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 26 August 2024