Pymble Swimming

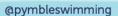
Pymble Ladies' Gollege

COMPETITION STREAM HOLIDAY PROGRAM TIMETABLE – Week 1: Monday 6 January 2025 – Saturday 11 January 2025

Competition Stream		Monday 6 Jan	Tuesday 7 Jan	Wednesday 8 Jan	Thursday 9 Jan	Friday 10 Jan	Saturday 11 Jan
Mini	АМ	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	No Tusining
Level 1	PM						No Training
Star	AM	8:30am-10:00am (inc. Dryland)	8:30am-10:00am (inc. Dryland)	8:30am-10:00am (inc. Dryland)	8:30am-10:00am (inc. Dryland)	8:30am-10:00am (inc. Dryland)	
Level 2	РМ						No Training
Cadet	AM	6:30am-9:00am (inc. Dryland)	6:30am-9:00am (inc. Dryland)	6:30am-9:00am (inc. Dryland)	6:30am-9:00am (inc. Dryland)	6:30am-10:00am (inc. Yoga)	No Training
Level 3	PM						No Training
Engine	AM	6:00am-9:00am (inc. Dryland)	6:00am-8:30am (inc. Dryland)		6:00am-8:30am (includes Dryland)	6:00am-10:00am (inc. Yoga)	No Training
Level 4	PM		3:00pm-5:30pm (inc. Gym)	3:00pm-5:30pm (inc. Dryland)	3:00pm-5:30pm (includes Gym)		
Pride	AM	6:00am-9:00am (inc. Dryland)	6:00am-8:30am (inc. Dryland)		6:00am-8:30am (inc. Dryland)	6:00am-10:00am (inc. Yoga)	No Training
Level 5	PM		3:00pm-5:30pm (includes Gym)	3:00pm-5:30pm (inc. Dryland)	3:00pm-5:30pm (includes Gym)		No Training









Pymble Swimming

Pymble Ladies' Gollege

SWIM STREAM HOLIDAY PROGRAM TIMETABLE - Week 1: Monday 6 January 2025 - Saturday 11 January 2025

Swim Stream*		Monday 6 Jan	Tuesday 7 Jan	Wednesday 8 Jan	Thursday 9 Jan	Friday 10 Jan	Saturday 11 Jan
Swim Junior	АМ	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	No Training
Rec 1	PM						
Swim Fit	АМ	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	10:30am-11:30am	No Training
Rec 2	PM						
Swim Sport	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
Rec 3	PM						9

*Swim Stream – *Pymble* students and their siblings only

Updated 28 November 2024