

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 Level 1	AM	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	9:00am-10:00am	No Training
	PM						
Star Level 2	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)	No Training
	PM						
Cadet Level 3	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
	PM						
Engine Level 4	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
	PM		3:00pm-5:30pm (inc. Gym)	3:00pm-5:30pm (inc. Dryland)	3:00pm-5:30pm (includes Gym)		
Pride Level 5	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
	PM		3:00pm-5:30pm (includes Gym)	3:00pm-5:30pm (inc. Dryland)	3:00pm-5:30pm (includes Gym)		

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	AM	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	AM	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					

- *Swim Stream – Pymble students and their siblings only

Updated 28 November 2024