

COMPETITION STREAM HOLIDAY PROGRAM TIMETABLE **Week 3: Monday 20 January 2025 – Saturday 25 January 2025**

Competition Stream		Monday 20 Jan	Tuesday 21 Jan	Wednesday 22 Jan	Thursday 23 Jan	Friday 24 Jan	Saturday 25 Jan
Mini Level 1	AM	9:00am-10:30am (inc. Dryland)	9:00am-10:30am (inc. Dryland)	9:00am-10:30am (inc. Dryland)	9:00am-10:30am (inc. Dryland)	9:00am-10:30am (inc. Dryland)	No Training
	PM						
Star Level 2	AM	8:30am-10:30am (Star Clinic)	8:30am-10:30am (Star Clinic)	8:30am-10:30am (Star Clinic)	8:30am-10:30am (Star Clinic)	8:30am-10:30am (Star Clinic)	No Training
	PM						
Cadet Level 3	AM	7:00am-11:00am Cadet Camp	7:00am-11:00am Cadet Camp	7:00am-11:00am Cadet Camp	7:00am-11:00am Cadet Camp	7:00am-11:00am Cadet Camp	No Training
	PM						
Engine Level 4	AM	6:00am-9:00am (inc. Dryland)	IGSA Camp <i>Externals to train with Swim Sport</i>	IGSA Camp	Forster Camp (Engine & Pride)	Forster Camp (Engine & Pride)	Forster Camp (Engine & Pride)
	PM			Forster Camp (Engine & Pride)			
Pride Level 5	AM	6:00am-9:00am (inc. Dryland)	IGSA Camp <i>Externals to train with Swim Sport</i>	IGSA Camp	Forster Camp (Engine & Pride)	Forster Camp (Engine & Pride)	Forster Camp (Engine & Pride)
	PM			Forster Camp (Engine & Pride)			

SWIM STREAM HOLIDAY PROGRAM TIMETABLE – Week 3: Monday 20 January 2025 – Saturday 25 January 2025

Swim Stream*		Monday 20 Jan	Tuesday 21 Jan	Wednesday 22 Jan	Thursday 23 Jan	Friday 24 Jan	Saturday 25 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