



2017 / 2018 SUMMER HOLIDAY **ADULT/COMPETITIVE SQUAD PROGRAM TIMETABLE**

UPDATED AS AT 10.11.17



Date	Monday 18/12	Tuesday 19/12	Wednesday 20/12	Thursday 21/12	Friday 22/12	Saturday 23/12	Sunday 24/12
AM	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS 9.30 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS 9.30 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 6.15 Bronze Transition	7.00 Health & Fit	CHRISTMAS EVE (Centre open 7-6pm)
Date	Monday 25/12	Tuesday 26/12	Wednesday 27/12	Thursday 28/12	Friday 29/12	Saturday 30/12	Sunday 31/12
AM	CHRISTMAS DAY Centre CLOSED	BOXING DAY PUBLIC HOLIDAY (Centre open 8-6)	5.00 Surf & Tri 6.15 Health & Fit	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS	5.00 Surf & Tri 6.15 Health & Fit 6.15 Bronze Transition	7.00 Health & Fit	NEW YEARS EVE (Centre open 7-6pm)
Date	Monday 01/01	Tuesday 2/01	Wednesday 3/01	Thursday 4/01	Friday 5/01	Saturday 6/01	Sunday 7/01
AM	NEW YEARS DAY PUBLIC HOLIDAY (Centre open 8-6)	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 6.15 Bronze Transition	7.00 Health & Fit	
Date	Monday 8/01	Tuesday 9/01	Wednesday 10/01	Thursday 11/01	Friday 12/01	Saturday 13/01	Sunday 14/01
AM	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 6.15 Bronze Transition	7.00 Health & Fit	
Date	Monday 15/01	Tuesday 16/01	Wednesday 17/01	Thursday 18/01	Friday 19/01	Saturday 20/01	Sunday 21/01
AM	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 6.15 Bronze Transition	7.00 Health & Fit	
Date	Monday 22/01	Tuesday 23/01	Wednesday 24/01	Thursday 25/01	Friday 26/01	Saturday 27/01	Sunday 28/01
AM	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit	5.00 Surf & Tri 6.15 Bronze Transition 7.00 JDS 11.00 Health & Fit	AUSTRALIA DAY (Centre open 8-6)	7.00 Health & Fit REGULAR EZYSWIM MINI & JUNIOR SQUAD PROGRAM TIMETABLE	

Notes

Health & Fit – All Health & Fit sessions are open to both Teen & Adult participants. Please note change in times.

Session lengths – Surf & Tri (1.25 hours) / Health & Fit (1 hour) / Bronze Transition (1.5 hours) / JDS (1 hour)

Bronze Transition - Please note that Friday AM substitutes Thursday PM session on the Summer Timetable.