



2018 / 2019 SUMMER HOLIDAY **ADULT/COMPETITIVE SQUAD PROGRAM TIMETABLE**

UPDATED AS AT 23.11.18

Date	Monday 24/12	Tuesday 25/12	Wednesday 26/12	Thursday 27/12	Friday 28/12	Saturday 29/12	Sunday 30/12
AM	CHRISTMAS EVE (Centre open 5-6) No classes	CHRISTMAS DAY Centre CLOSED	BOXING DAY PUBLIC HOLIDAY (Centre open 8-6) No Classes	5.00 Surf & Tri 6.15 Bronze & Bronze Transition 7.00 JDS 9.30 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 7.15 Bronze & Bronze Transition	7.00 Health & Fit	
Date	Monday 31/12	Tuesday 1/1	Wednesday 2/1	Thursday 3/1	Friday 4/1	Saturday 5/1	Sunday 6/1
AM	NEW YEARS EVE (Centre open 5-6) No classes	NEW YEARS DAY PUBLIC HOLIDAY (Centre open 8-6) No Classes	5.00 Surf & Tri 6.15 Health & Fit 7.15 Bronze	5.00 Surf & Tri 6.15 Bronze & Bronze Transition 7.00 JDS 9.30 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 7.15 Bronze & Bronze Transition	7.00 Health & Fit	
Date	Monday 07/01	Tuesday 8/01	Wednesday 9/01	Thursday 10/01	Friday 11/01	Saturday 12/01	Sunday 13/01
AM	5.00 Surf & Tri 6.15 Bronze & Bronze Transition 7.00 JDS	5.00 Surf & Tri 6.15 Bronze & Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 7.15 Bronze	5.00 Surf & Tri 6.15 Bronze & Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 7.15 Bronze & Bronze Transition	7.00 Health & Fit	
Date	Monday 14/01	Tuesday 15/01	Wednesday 16/01	Thursday 17/01	Friday 18/01	Saturday 19/01	Sunday 20/01
AM	5.00 Surf & Tri 6.15 Bronze & Bronze Transition 7.00 JDS	5.00 Surf & Tri 6.15 Bronze & Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 7.15 Bronze	5.00 Surf & Tri 6.15 Bronze & Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 7.15 Bronze & Bronze Transition	7.00 Health & Fit	
Date	Monday 21/01	Tuesday 22/01	Wednesday 23/01	Thursday 24/01	Friday 25/01	Saturday 26/01	Sunday 27/01
AM	5.00 Surf & Tri 6.15 Bronze & Bronze Transition 7.00 JDS	5.00 Surf & Tri 6.15 Bronze & Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 7.15 Bronze	5.00 Surf & Tri 6.15 Bronze & Bronze Transition 7.00 JDS 11.00 Health & Fit	5.00 Surf & Tri 6.15 Health & Fit 7.15 Bronze & Bronze Transition	AUSTRALIA DAY (Centre open 8-6) No classes	
Date	Monday 28/01	Tuesday 29/01	Wednesday 30/01	Thursday 31/01	Friday 1/02	Saturday 2/02	Sunday 3/02
AM	AUSTRALIA DAY PUBLIC HOLIDAY (Centre open 8-6) No classes	REGULAR ADULT & COMPETITIVE TIMETABLE RECOMMENCES					

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 (1.5 hours on Monday, Tuesday & Thursday; 1.25 hours on Wednesday and Friday) / Bronze Transition (1.5 hours on Monday, Tuesday & Thursday; 1.25 hours on Friday) / JDS (1 hour)

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