

SWIMFIT (JUNIOR & SENIOR) TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	Swim 6:00 – 7:00am	Rest	Swim 6:00 – 7:00am	Rest	Swim 6:00 – 7:00am	
Afternoon	Rest	Rest	Swim 5:00 - 6:00pm	Rest	Rest	Rest

- SwimFit is a seasonal (Summer/Winter) Newington College Sport option.
- Students enrolled in SwimFit must attend a minimum of 3 training sessions per week from the timetable above.
- There is no charge for Newington students to participate in the SwimFit training sessions.
- More information about SwimFit is available on SPACES or by contacting swimsquads@newington.nsw.edu.au

STAFF TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning					Swim Squads 6:00 – 7:00am	
Afternoon						