

# NEWINGTON SWIMMING

## T3/4 HOLIDAY SCHEUDLE 2023

Starting Monday 25<sup>th</sup> September and continuing until Saturday 7<sup>th</sup> October

Squad	Monday 25/9	Tuesday 26/9	Wed 27/9	Thursday 28/9	Friday 29/9	Saturday 30/9
Senior (Gold/Silver) AM	Dryland/Swim 7:00-10:00AM	Swim 7:00-9:00AM		No Training POOL MAINTENANCE SHUTDOWN	Swim 7:00-9:00AM	No Training
Junior AM (Bronze/Orange/Mini)		Swim 7:30-9:00AM				
Senior (Gold/Silver) PM		Swim 4:00-6:00PM	Swim 4:00-6:00PM		Swim 4:00-6:00PM	
Junior PM (Bronze/Orange/Mini)	Dryland/Swim 4:00-5:30PM		Swim 4:00-5:30PM		Swim 4:00-5:30PM	
Squad	Monday 2/10	Tuesday 3/10	Wed 4/10	Thursday 5/10	Friday 6/10	Saturday 7/10
Senior (Gold/Silver) AM	No Training PUBLIC HOLIDAY	Swim 7:00-9:00AM		Swim/Dryland* 7:00-10:00AM	Swim 7:00-9:00AM	No Training
Junior AM (Bronze/Orange/Mini)		Swim 7:30-9:00AM		Swim 7:30-9:00AM		
Senior (Gold/Silver) PM		Swim 4:00-6:00PM	Swim 4:00-6:00PM		Swim 4:00-6:00PM	
Junior PM (Bronze/Orange/Mini)			Swim 4:00-5:30PM		Swim 4:00-5:30PM	