

PLC-SYDNEY SUMMER HOLIDAY TIMETABLE 2019/20

2 nd DEC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Dev	7:00 - 8:00am 3:30 - 4:30pm		7:00 - 8:00am 3:30 - 4:30pm		3:30 - 4:30pm	
Target	7:00 - 8:00am	3:30 - 4:30pm	7:00 - 8:00am	3:30 - 4:30pm	7:00 - 8:00am	6:30 - 8:00am
Rep	6:00 - 7:30am 3:45 - 5:45pm Dry+Swim w. Brett	6:00 - 7:30am	6:00 - 7:30am 4:30 - 6:00pm		6:00 - 7:30am 4:00 - 5:30pm	6:30 - 8:00am
Metro	5:15 - 7:00am	4:30 - 6:00pm	5:15-7:00am 4:30 - 6:00pm	4:30 - 6:00pm	5:15 - 7:00am	5:30 - 7:00am
State	5:15 - 7:15am 5:30 - 7:00pm	5:15 - 7:15am	5:15 - 7:15am CAB: 4:00-6:15pm PLC: 4:30-6:00pm	4:30 - 6:30pm	5:15 - 7:15am GYM Non PLC 5:30-6:15 PLC 6:45-7:30	5:30 - 7:00am
National	DRUM: 5:30-7:30 5:30 - 7:00pm	5:15 - 7:15am	5:15 - 7:15am CAB: 4:00-6:15pm PLC: 4:30-6:00pm	4:30 - 6:30pm	5:15 - 7:15am GYM Non PLC 5:30-6:15 PLC 6:45-7:30	5:30 - 7:00am

- **Swim school final day - Monday 2nd December**
- PM Times adjust from Tuesday where available.
- School Gym stops after Thursday 5th **"timetable indicates where sessions have been added"**

PLC-SYDNEY SUMMER HOLIDAY TIMETABLE 2019/20

9 th DEC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Dev	7:00 - 8:00am 3:30 - 4:30pm		7:00 - 8:00am 3:30 - 4:30pm	3:30 - 4:30pm		
Target	7:00 - 8:00am	3:30 - 4:30pm	7:00 - 8:00am	3:30 - 4:30pm	7:00 - 8:00am	6:30 - 8:00am
Rep	6:00 - 7:30am 4:30 - 6:00pm	6:00 - 7:30am	6:00 - 7:30am 4:30 - 6:00pm	4:30 - 6:00pm	6:00 - 7:30am	6:30 - 8:00am
Metro	5:15 - 7:00am	4:30 - 6:00pm	5:15-7:00am 4:30 - 6:00pm	4:30 - 6:00pm	5:15 - 7:00am	6:30 - 8:00am
SN (not on Hols)	5:15 - 7:15am 4:30 - 6:00pm	5:15 - 7:15am	5:15 - 7:15am CAB: 4:00-6:15pm PLC: 4:30-6:00pm	4:30 - 6:00pm	STATE	STATE
SN (On Hols)	DRUM: 5:30-7:30 3:00 - 4:30pm	5:15 - 7:15am	8:00 - 9:30am CAB: 4:00-6:15pm PLC: 4:30-6:00pm	2:00 - 3:30pm	AGE	AGE

- Adjusted PM times for Metro, State + Nationals - due to swim school holidays
- Final week of Drummoyne + Cabarita
- State (S) National (N) squads can train with Metro if not required at SOPAC for State
- No GYM sessions till Term 1 (unless indicated)
- SN (State + Nationals) - athletes ON School Holidays or NOT = earlier Mon & Thur PM sessions

PLC-SYDNEY SUMMER HOLIDAY TIMETABLE 2019/20

16 th DEC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Dev	7:00 - 8:00am 3:30 - 4:30pm		7:00 - 8:00am 3:30 - 4:30pm	3:30 - 4:30pm	7:00 - 8:00am	
Target	7:00 - 8:00am	3:30 - 4:30pm	7:00 - 8:00am	3:30 - 4:30pm	7:00 - 8:00am	
Rep	6:00 - 7:30am 4:30 - 6:00pm	6:00 - 7:30am	6:00 - 7:30am 4:30 - 6:00pm	4:30 - 6:00pm	Session & Breakfast	POOL
Metro	5:30 - 7:00am	4:30 - 6:00pm	5:30 - 7:00am 4:30 - 6:00pm	4:30 - 6:00pm	6:00 - 8:00am	CLOSED
State	STATE	STATE	STATE		Session &	
National	AGE	AGE	AGE		Xmas Breakfast	

- State (S) National (N) squads to train with Metro if not required at SOPAC (or post State Age)
- Adjusted AM + PM schedules
- **December 20th**
JD, Target & Rep: Swim from 7:00am followed by breakfast
Metro, State & National: Swim from 6:00am followed by breakfast

PLC-SYDNEY SUMMER HOLIDAY TIMETABLE 2019/20

23 rd DEC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Dev						
Target						
Rep	POOL	POOL	POOL	POOL	POOL	POOL
Metro	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
State						
National						

PLC-SYDNEY SUMMER HOLIDAY TIMETABLE 2019/20

30 th DEC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Dev				7:30 - 8:30am	7:30 - 8:30am	
Target				7:30 - 8:30am	7:30 - 8:30am	
Rep	POOL	POOL	POOL	6:00 - 7:30am	6:00 - 7:30am	POOL
Metro	CLOSED	CLOSED	CLOSED	6:00 - 7:30am	6:00 - 7:30am	CLOSED
State				6:00 - 7:30am	6:00 - 7:30am	
National				6:00 - 7:30am	6:00 - 7:30am	

- Brett on leave from Dec 26th till January 13th

PLC-SYDNEY SUMMER HOLIDAY TIMETABLE 2019/20

6 th JAN	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Dev	7:30 - 8:30am 3:30 - 4:30pm		7:30 - 8:30am 3:30 - 4:30pm	2:30 - 3:30pm	7:30 - 8:30am	
Target	7:30 - 8:30am	3:30 - 4:30pm	7:30 - 8:30am	3:30 - 4:30pm	7:30 - 8:30am	
Rep	6:00 - 7:30am 4:30 - 6:00pm	6:00 - 7:30am	6:00 - 7:30am 4:30 - 6:00pm	4:30 - 6:00pm	6:00 - 7:30am	POOL
PLC - IPSHA (invite only)		4:30 - 5:30pm				CLOSED
Metro	5:30 - 7:00am 4:30 - 6:00pm	4:30 - 6:00pm	5:30 - 7:00am 4:30 - 6:00pm	4:30 - 6:00pm	5:30 - 7:00am	
State	5:30 - 7:30am 3:00 - 4:30pm	5:30 - 7:30am	5:30 - 7:30am 3:00 - 4:30pm	3:00 - 4:30pm	5:30 - 7:30am Girls Yoga 5:30-6:30	
National	5:30 - 7:30am 3:00 - 4:30pm	5:30 - 7:30am	5:30 - 7:30am 3:00 - 4:30pm	3:00 - 4:30pm	5:30 - 7:30am Boys Yoga 6:30-7:30	

- Brett on leave from Dec 26th till January 13th
- Variations to State + National PM session times due to Brett on leave
- Yoga combines National & State squad members (split: girls / boys)

PLC-SYDNEY SUMMER HOLIDAY TIMETABLE 2019/20

13 th JAN	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Dev	7:30 - 8:30am 3:30 - 4:30pm		7:30 - 8:30am 3:30 - 4:30pm	2:30 - 3:30pm	7:30 - 8:30am	
Target	7:30 - 8:30am	3:30 - 4:30pm	7:30 - 8:30am	3:30 - 4:30pm	7:30 - 8:30am	
Rep	6:00 - 7:30am 4:30 - 6:00pm	6:00 - 7:30am	6:00 - 7:30am 4:30 - 6:00pm	4:30 - 6:00pm	6:00 - 7:30am	POOL
PLC - IPSHA (invite only)		4:30 - 5:30pm				CLOSED
Metro	5:15 - 7:00am 4:30 - 6:00pm	4:30 - 6:00pm	5:15 - 7:00am 4:30 - 6:00pm	4:30 - 6:00pm	5:15 - 7:00am	
State	5:15 - 7:30am 2:45 - 4:30pm	5:15 - 8:15am	5:15 - 7:30am 2:30 - 5:00pm Gym 4:00-5:00	1:30 - 4:30pm	5:15 - 8:15am 'see below'	
National	5:15 - 7:30am 1:00 - 2:45pm	5:15 - 8:15am	5:15 - 7:30am 1:00 - 4:00pm Gym 3:00-4:00	1:30 - 4:30pm	5:15 - 8:15am Swim+Gym+Yoga	

- National & State - be prepared everyday for for Dryland & note "Gym" or "Yoga" sessions.
- Friday AM National Squad (Boys + Girls) Swim, Gym, Yoga
- **State squad**: Girls Yoga (5:30am) then swim // Boys Swim then yoga

PLC-SYDNEY SUMMER HOLIDAY TIMETABLE 2019/20

20 th JAN	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Dev	7:30 - 8:30am 3:30 - 4:30pm		7:30 - 8:30am 3:30 - 4:30pm	2:30 - 3:30pm	7:30 - 8:30am	
Target	7:30 - 8:30am	3:30 - 4:30pm	7:30 - 8:30am	3:30 - 4:30pm	7:30 - 8:30am	
Rep	6:00 - 7:30am 4:30 - 6:00pm	6:00 - 7:30am	6:00 - 7:30am 4:30 - 6:00pm	4:30 - 6:00pm	6:00 - 7:30am	POOL
PLC - IPSHA (invite only)		4:30 - 5:30pm				CLOSED
Metro	5:15 - 7:00am 4:30 - 6:00pm	4:30 - 6:00pm	5:15 - 7:00am 4:30 - 6:00pm	4:30 - 6:00pm	5:15 - 7:00am	
State	5:15 - 7:30am 2:45 - 4:30pm	5:15 - 8:15am	5:15 - 7:30am 2:30 - 5:00pm Gym 4:00-5:00	1:30 - 4:30pm	5:15 - 7:30am	
National	5:15 - 7:30am 1:00 - 2:45pm	5:15 - 8:15am	5:15 - 7:30am 1:00 - 4:00pm Gym 3:00-4:00	1:30 - 4:30pm	5:15 - 7:30am	

- National & State - be prepared daily for for Dryland & note "**Gym**" with Ivanna session times
- Extensive variations to State + National Squad session times & duration

PLC-SYDNEY SUMMER HOLIDAY TIMETABLE 2019/20

27 th JAN	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Dev	POOL		7:00 - 8:00am 3:30 - 4:30pm	3:30 - 3:30pm	7:00 - 8:00am	
Target	CLOSED		7:00 - 8:00am	3:30 - 4:30pm	7:00 - 8:00am	6:30 - 8:00am
Rep	PUBLIC		6:00 - 7:30am 4:30 - 6:00pm	4:30 - 6:00pm	6:00 - 7:30am	6:30 - 8:00am
PLC - IPSHA (invite only)		4:30 - 5:30pm				
Metro	HOLIDAY	PLC - IGSSA	5:15-7:00am 4:30 - 6:00pm	4:30 - 6:00pm	5:15 - 7:00am	5:30 - 7:00am
State		MANLY DAY	5:15 - 7:15am CAB: 4:00-6:15pm PLC: 4:30-6:00pm	4:30 - 6:30pm	5:15 - 7:15am	5:30 - 7:30am
National		Swim 6:00-7:30am	5:15 - 7:15am CAB: 4:00-6:15pm PLC: 4:30-6:00pm	4:30 - 6:30pm	5:15 - 7:15am	5:30 - 8:30am

- Tuesday Jan 28th PLC IGSSA 2019 Team session 6:00 – 7:30am "followed by IGSSA Team day" - see details
- PLC Gym staff return Wednesday Jan 29th - Gym as per Term 1 Timetable allocations (not listed on this timetable)
- No other squads apart from IGSSA + IPSHA will train on Tuesday Jan 28th.

PLC-SYDNEY SUMMER HOLIDAY TIMETABLE 2019/20

3rd FEB	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Dev	7:00 - 8:00am 3:30 - 4:30pm		7:00 - 8:00am 3:30 - 4:30pm	3:30 - 3:30pm	7:00 - 8:00am	
Target	7:00 - 8:00am	3:30 - 4:30pm	7:00 - 8:00am	3:30 - 4:30pm	7:00 - 8:00am	6:30 - 8:00am
Rep	6:00 - 7:30am 4:30 - 6:00pm	6:00 - 7:30am	6:00 - 7:30am 4:30 - 6:00pm	4:30 - 6:00pm	6:00 - 7:30am	6:30 - 8:00am
PLC - IPSHA (invite only)		4:30 - 5:30pm Final session				
Metro	5:15 - 7:00am 4:30 - 6:30pm	4:30 - 6:00pm	5:15 - 7:00am 4:30 - 6:00pm	4:30 - 6:00pm	5:15 - 7:00am	5:30 - 7:00am
State	5:15 - 7:30am 4:30 - 6:30pm	5:15 - 7:15am	5:15 - 7:15am CAB: 4:00-6:15pm PLC: 4:30-6:00pm	4:30 - 6:30pm	5:15 - 7:15am	5:30 - 7:30am
National	DRUM: 5:30-7:30 4:30 - 6:30pm	5:15 - 7:15am	5:15 - 7:15am CAB: 4:00-6:15pm PLC: 4:30-6:00pm	4:30 - 6:30pm	5:15 - 7:15am	5:30 - 8:30am
PLC + Training Jnr / Snr Carnival	3:30 - 4:30 pm "Senior School" pre-carnival swim	PLC Senior School Carnival SOPAC	3:30 - 4:15 pm "Junior School" pre-carnival swim	PLC Junior School Carnival Auburn		

- Gym as per Term 1 Timetable allocations (not listed on this timetable) (No SN Gym Monday PM)
- Drummoyne and Cabarita criteria remain the same as Term 4
- **Term 1 Timetable commences from Monday Feb 10th**