



ARTEMIS CENTRE PROGRAMS AUTUMN HOLIDAYS - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
GYMNASTICS		Foundation Gymnastics Prep - Year 4 9:00 am - 9.50 am 10:00 am - 10.50 am 11:00 am - 11.50 am	Foundation Gymnastics Prep - Year 4 9:00 am - 9.50 am 10:00 am - 10.50 am 11:00 am - 11.50 am	Foundation Gymnastics Prep - Year 4 9:00 am - 9.50 am 10:00 am - 10.50 am 11:00 am - 11.50 am	Foundation Gymnastics Prep - Year 4 9:00 am - 9.50 am 10:00 am - 10.50 am 11:00 am - 11.50 am		
	ARTEMIS AQUATICS		Performance Squad Junior & Senior 6:30am - 8:30am	Performance Squad Junior & Senior 6:30am - 8:30am	Performance Squad Junior & Senior 6:30am - 8:30am	Performance Squad Junior & Senior 6:30am - 8:30am	
		Development Squad 8:30am - 10:00am	Development Squad 8:30am - 10:00am	Development Squad 8:30am - 10:00am	Development Squad 8:30am - 10:00am		
			SwimFit Squad 7:30am - 8:30am		SwimFit Squad 7:30am - 8:30am		
ARTEMIS LEARN TO SWIM	PUBLIC HOLIDAY	Water Discovery 10:00am - 10:45am 10:45am - 11:30am - 12:15pm - 1:00pm	Water Discovery 10:00am - 10:45am 10:45am - 11:30am - 12:15pm - 1:00pm	Water Discovery 10:00am - 10:45am 10:45am - 11:30am - 12:15pm - 1:00pm	Water Discovery 10:00am - 10:45am 10:45am - 11:30am - 12:15pm - 1:00pm		
		Water Confidence 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm 12:15pm - 1:00pm	Water Confidence 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm 12:15pm - 1:00pm	Water Confidence 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm 12:15pm - 1:00pm	Water Confidence 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm 12:15pm - 1:00pm		
		Water Independence 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm 12:15pm - 1:00pm	Water Independence 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm 12:15pm - 1:00pm	Water Independence 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm 12:15pm - 1:00pm	Water Independence 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm 12:15pm - 1:00pm		
		Stroke Learning 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm -	Stroke Learning 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm -	Stroke Learning 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm -	Stroke Learning 10:00am - 10:45am 10:45am - 11:30am 11:30am - 12:15pm -		
		Stroke Development - - 11:30am - 12:15pm 12:15pm - 1:00pm	Stroke Development - - 11:30am - 12:15pm 12:15pm - 1:00pm	Stroke Development - - 11:30am - 12:15pm 12:15pm - 1:00pm	Stroke Development - - 11:30am - 12:15pm 12:15pm - 1:00pm		
		Stroke Advancement 8:30am - 10:00am	Stroke Advancement 8:30am - 10:00am	Stroke Advancement 8:30am - 10:00am	Stroke Advancement 8:30am - 10:00am		
		AQUATICS ASSESSMENTS		Learn to Swim Assessment 1:00 pm - 1:30 pm	Learn to Swim Assessment 1:00 pm - 1:30 pm	Learn to Swim Assessment 1:00 pm - 1:30 pm	Learn to Swim Assessment 1:00 pm - 1:30 pm