

Summer Holiday Swimming Session Times

Great news swimming training will continue over the summer school holidays.



It is critical to register for each swimming session via **STACK APP** as we need to be able to plan coaching.

If you need a hand with setting up STACK APP, please reach out to a committee member.



Excluding PUBLIC HOLIDAYS

Effective Monday 15 December 2025 to Wednesday 28 January 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Performance Squad	6:30-8:30am 4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	6:30-8:30am 4:30-6:30pm	7:00-9:00am
Junior Performance	6:30-8:30am 4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	6:30-8:30am 4:30-6:30pm	7:00-9:00am
Youth Development	7:30-8:30am 5:00-6:30pm		5:00-6:30pm	5:00-6:30pm	7:30-8:30am 5:00-6:30pm	
Mini Performance		4:00-5:00pm		4:00-5:00pm	4:00-5:00pm	
Junior Development	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	
Mini Squad	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	

Swimming During week of Christmas to New Year (Monday 22 December – Saturday 3 January)

*Performance Squad (PS), Junior Performance (JP), Youth Development (YD), Mini Performance (MP), Junior Development (JD), Mini Squad (MS)

Monday 22/12 6:30-8:30am (PS) 4:00-6:00pm (PS, JP, YD) 4:00-5:00pm (MS, JD, MP)	Tuesday 23/12 4:00-6:00pm (PS, JP, YD) 4:00-5:00pm (MS, JD, MP)	Wednesday 24/12 4:00-6:00pm (PS, JP, YD) 4:00-5:00pm (MS, JD, MP)	Thursday 25/12 Christmas Day No Training	Friday 26/12 Boxing Day No Training	Saturday 27/12 No Training	Sunday 28/12 No Training
Monday 29/12 6:30-8:30am (PS) 4:00-6:00pm (PS, JP, YD) 4:00-5:00pm (MS, JD, MP)	Tuesday 30/12 4:00-6:00pm (PS, JP, YD) 4:00-5:00pm (MS, JD, MP)	Wednesday 31/12 4:00-6:00pm (PS, JP, YD) 4:00-5:00pm (MS, JD, MP)	Thursday 1/1 New Years Day No Training	Friday 2/1 4:00-6:00pm (PS, JP, YD) 4:00-5:00pm (MS, JD, MP)	Saturday 3/1 Velocity Program only	Sunday 4/1 Bendigo Summer Meet @FLAC

Swimming during final week of summer school holidays (Monday 26 January to Sunday 1 February)

Please note there will be a change specifically to morning training during the transition from school holidays back to school term. The final Term 1 program will be released mid-January.

Monday 26/1 Australia Day No Training	Tuesday 27/1 Return to usual program	Wednesday 28/1 Return to usual program	Thursday 29/1 Return to usual program	Friday 30/1 Morning training change 6:00-7:15am (PS)	Saturday 31/1 Velocity Program only	Sunday 1/2 Maryborough Meet @ FLAC
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If you plan on going away for 4 or more weeks, you can put your membership on pause by emailing kfsctreasurer@outlook.com 4 weeks in advance. Please also cc kfscwo@outlook.com