



Start up Schedule for Performance Groups

SEPTEMBER 2025

	Mon Sep 15	Tue Sep 16	Wed Sep 17	Thu Sep 18	Fri Sep 19	Sat Sep 20	Sun Sep 21
Sr Nat	3:00-4:30pm (4L Kin) 4:30-6:00pm (4L Kin)	4:00-5:30pm (6L BD)	3:00-4:30pm (4L Kin) 4:30-6:00pm (5L Kin)	4:00-6:00pm (6L BD)	3:00-5:00pm (8L Kin)	6:45-8:45am (8L Kin)	
Jr Nat	4:00-5:30pm (6L Con)	4:00-5:30pm (4L Kin) 5:30-7:00pm (2-3L Kin)	6:00-7:30am (4L Kin)	4:00-5:30pm (6 Con)	4:00-5:30pm (6L BD)		
Sr Prov		4:00-5:30pm (6L Con)	6:00-7:30pm (5L Kin)		5:30-7:00pm (6L BD)		
Jr Prov	6:00-7:30am (6L Kin)	5:30-7:00pm (6L BD)			5:00-6:30pm (6L Kin)		

	Mon Sep 22	Tue Sep 23	Wed Sep 24	Thu Sep 25	Fri Sep 26	Sat Sep 27	Sun Sep 28
Sr Nat	3:00-4:30pm (4L Kin) 4:30-6:00pm (4L Kin)	4:00-5:30pm (6L BD)	3:00-4:30pm (4L Kin) 4:30-6:00pm (5L Kin)	4:00-6:00pm (6L BD)	3:00-5:00pm (8L Kin)	6:45-8:45am (8L Kin)	
Jr Nat	4:00-5:30pm (6L Con)	4:00-5:30pm (4L Kin) 5:30-7:00pm (2-3L Kin)	6:00-7:30am (4L Kin)	4:00-5:30pm (6 Con)	4:00-5:30pm (6L BD)		
Sr Prov	6:30-8:00pm (4-6L Kin)	4:00-5:30pm (6L Con)	6:00-7:30pm (5L Kin)		5:30-7:00pm (6L BD)		
Jr Prov	6:00-7:30am (6L Kin)	5:30-7:00pm (6L BD)		6:00-7:00pm (6L BD)	5:00-6:30pm (6L Kin)		

BD =	Bonnie Doon Pool
Con =	Confederation Pool
Kin =	Kinsmen Sport Centre