MIS Swimming Club

2027 School Holiday Program Notice

From 5 January to 24 January

Pre-Squad and Squad

Dear Students and Parents,

This notice is for **Pre-Squad and Squad** students. Our **Summer Holiday Program** is intensive training to build skills and prepare swimmers for District, Regional, State and National competitions.

Sessions run at **Boroondara Sports Complex (BSC),** and **Bialik College -** which also include optional **dry land training**.

Monday	Tuesday Bialik	Wednesday BSC	Thursday Bialik	Friday BSC	Saturday Bialik	Sunday BSC
4	5 **Swim** 4:45–6:45pm	6 **Stretching** 40 min prior	7 **Swim** 4:45–6:45pm	8 **Stretching** 40 min prior	9 **Bialik** 8:30–10:30am	10 **Dry land** 3:50–4:50pm
No training	**Dry land** 7:00–8:00pm	**Swim** 6:30–8:30pm	**Dry land** 7:00–8:00pm	**Swim** 6:30–8:30pm	**Dry land** TBC (1hr)	**Swim** 5:00–7:00pm
11	12 **Swim** 4:45–6:45pm	13 **Stretching** 40 min prior	14 **Swim** 4:45–6:45pm	15 **Stretching** 40 min prior	16 **Bialik** 8:30–10:30am	17 **Dry land** 3:50–4:50pm
No training	**Dry land** 7:00–8:00pm	**Swim** 6:30–8:30pm	**Dry land** 7:00–8:00pm	**Swim** 6:30–8:30pm	**Dry land** TBC (1hr)	**Swim** 5:00–7:00pm
18	19 **Swim** 4:45–6:45pm	20 **Stretching** 40 min prior	21 **Swim** 4:45–6:45pm	22 **Stretching** 40 min prior	23 **Bialik** 8:30–10:30am	24 **Dry land** 3:50–4:50pm
No training	**Dry land** 7:00–8:00pm	**Swim** 6:30–8:30pm	**Dry land** 7:00–8:00pm	**Swim** 6:30–8:30pm	**Dry land** TBC (1hr)	**Swim** 5:00–7:00pm

※ Please note

General

- Training times and locations may change depending on facility availability and the local swimming pool's circumstances. A detailed schedule, including specific times for each session, will be shared once all applications have been received.
- Due to BSC's terms and conditions, lessons may be cancelled due to **severe weather conditions**, which cannot be refunded or reorganised.
- The Holiday Program discount only applies if the student enrols in the **whole** program.
- Make-up sessions cannot be provided during the Holiday Program.
- Students enrolling in the whole program will be prioritised when allocating sessions.

Dry land sessions

- Please bring runners, a yoga mat and a water bottle. Preparing Therabands & Stretch Cords are strongly encouraged.
- Tuesday and Thursday Dry land sessions are held at the Basketball Court next to the pool.

Stretching sessions

- This is at the pool, focusing on stretching, activating and warming up before getting in the pool.
- Preparing Therabands, runners and stretching cords are strongly encouranged.
- In wet weather, the Wednesday & Friday stretching at BSC may be cancelled. Swim sessions will continue as normal.