


# Week 5 - Swimming

<b>SUMMER SCHEME 2023</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Registration 8:45- 9:15</b>	<b>Main Hall</b>				
Session 1 9:15- 10:30	Fitness Sessions with PEC Staff (30 mins sessions groups of 10 9:15 - 11:15)  Main hall and OTF for Multi Sports	Basketball Main Hall	Basketball Main Hall	Cinema Trip QFT	Triple Games Main Hall
Session 2 10:30- 11:30		Benchball Minor Hall	Dodgeball <b>DOJO</b>	Super Mario Brothers	Football OTF
<b>Break 11:30-11:45</b>					
Session 3 11:45- 1:00	Benchball Minor Hall	Longball Minor Hall	Team Games OTF	Orienteering Botanic	Dodgeball DOJO
<b>Lunch 1:00- 2:00</b>					
Session 4 2:00-3:00	Rounders OTF	Volleyball Main Hall	Badminton Minor Hall	Trampolining Main Hall	Benchball Minor Hall
Session 5 3:00- 4:00	Swimming	Swimming	Swimming	Swimming	Swimming <b>FINALE</b>
<b>Break 3 4:00 – 4:15</b>					
Session 6 4:15 – 4:45	Dodgeball DOJO	Football Skills OTF	Quiz Balcony	Table Tennis Main Hall	Weekly Awards Minor Hall 
<b>Pick up 4:45- 5:00</b>	<b>Main Hall</b>				