



## Singapore Swimming Club Development & Competitive Squads - Weekly Schedule

WEF 29 Oct 2025

MOE SCHOOL TERM (LOCAL MAINSTREAM SCHOOLS)															
SQUADS	Recommended number of sessions per week	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
<b>ELITE A</b> Eugene	8	530AM - 730AM	500PM - 730PM	530AM - 730AM	500PM - 730PM	OFF	500PM - 730PM	530AM - 730AM	500PM - 730PM	530AM - 730AM	500PM - 730PM	615AM - 830AM	OFF	OFF	OFF
<b>ELITE B</b> Jeremy	7	530AM - 730AM	500PM - 730PM	530AM - 730AM	500PM - 730PM	OFF	500PM - 730PM	530AM - 730AM	500PM - 730PM	530AM - 730AM	500PM - 730PM	630AM - 830AM	OFF	OFF	OFF
<b>ADVANCE</b> Crystal	6	730AM - 930AM	500PM - 700PM	OFF	500PM - 700PM	730AM - 930AM	500PM - 700PM	OFF	500PM - 700PM	730AM - 930AM	500PM - 700PM	730AM - 930AM	500PM - 700PM	OFF	OFF
<b>INTERMEDIATE</b> Ethan	5	730AM - 930AM	500PM - 700PM	OFF	500PM - 700PM	730AM - 930AM	500PM - 700PM	OFF	500PM - 700PM	730AM - 930AM	500PM - 700PM	730AM - 930AM	500PM - 700PM	OFF	OFF
<b>ELEMENTARY (COMPETITIVE)</b> Yang Bin	4	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	730AM - 915AM	OFF
<b>ELEMENTARY</b> Lui Jian Long	4	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	730AM - 915AM	OFF

MOE SCHOOL HOLIDAYS (LOCAL MAINSTREAM SCHOOLS)															
SQUADS	Max number of sessions in a week	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
<b>ELITE A</b> Eugene	9	630AM - 830AM	500PM - 730PM	630AM - 830AM	500PM - 730PM	OFF	500PM - 730PM	630AM - 830AM	500PM - 730PM	630AM - 830AM	500PM - 730PM	615AM - 830AM	OFF	OFF	OFF
<b>ELITE B</b> Jeremy	8	630AM - 830AM	500PM - 730PM	630AM - 830AM	500PM - 730PM	OFF	500PM - 730PM	630AM - 830AM	500PM - 730PM	630AM - 830AM	500PM - 730PM	630AM - 830AM	OFF	OFF	OFF
<b>ADVANCE</b> Crystal	7	730AM - 930AM	500PM - 700PM	OFF	500PM - 700PM	730AM - 930AM	500PM - 700PM	OFF	500PM - 700PM	730AM - 930AM	500PM - 700PM	730AM - 930AM	500PM - 700PM	OFF	OFF
<b>INTERMEDIATE</b> Ethan	6	730AM - 930AM	500PM - 700PM	OFF	500PM - 700PM	730AM - 930AM	500PM - 700PM	OFF	500PM - 700PM	730AM - 930AM	500PM - 700PM	730AM - 930AM	500PM - 700PM	OFF	OFF
<b>ELEMENTARY (COMPETITIVE)</b> Yang Bin	5	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	730AM - 915AM	OFF
<b>ELEMENTARY</b> Lui Jian Long	5	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	OFF	500PM - 645PM	730AM - 915AM	500PM - 645PM	730AM - 915AM	OFF