



Singapore Swimming Club Development & Competitive Squads - Weekly Schedule

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
ELITE A Eugene	8	530AM - 730AM	445PM - 715PM	530AM - 730AM	445PM - 715PM	OFF	445PM - 715PM	thi	445PM - 715PM	530AM - 730AM	445PM - 715PM	615AM - 830AM	OFF	OFF	OFF
ELITE B Jeremy	7	530AM - 730AM	500PM - 730PM	530AM - 730AM	500PM - 730PM	OFF	500PM - 730PM	530AM - 730AM	500PM - 730PM	530AM - 730AM	500PM - 730PM	615AM - 830AM	OFF	OFF	OFF
ADVANCE 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
INTERMEDIATE 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
ELEMENTARY (COMPETITIVE) 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
ELEMENTARY 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
ELITE A Eugene	9	630AM - 830AM	445PM - 715PM	630AM - 830AM	445PM - 715PM	OFF	445PM - 715PM	630AM - 830AM	445PM - 715PM	630AM - 830AM	445PM - 715PM	615AM - 830AM	OFF	OFF	OFF
ELITE B Jeremy	8	630AM - 830AM	500PM - 730PM	630AM - 830AM	500PM - 730PM	OFF	500PM - 730PM	630AM - 830AM	500PM - 730PM	630AM - 830AM	500PM - 730PM	615AM - 830AM	OFF	OFF	OFF
ADVANCE 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
INTERMEDIATE 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
ELEMENTARY (COMPETITIVE) 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
ELEMENTARY 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