

# SINGAPORE SWIMMING CLUB

## SWIMMING STRUCTURE AND SCHEDULE 2009

18MAR2009/yb

W.E.F 02 MAR 2009

PROGRAMME	LEVELS	DAYS	AM	COACHES	PM	COACHES
BASIC LEVELS	New Beginner	Mon, Tue, Wed & Friday	9.00am – 9.45am	Alvin Tam	4.00pm – 4.45pm	Alvin Tam/P.Timers
		Saturday	9.00am – 9.45am	Alvin Tam/P.Timers	4.00pm – 4.45pm	Alvin Tam/P.Timers
		Sunday	9.00am – 9.45am	Alvin Tam/P.Timers	-	-
	Level 1	Mon, Tue, Wed & Friday	9.00am – 9.45am	Jason Chua	4.00pm – 4.45pm	Sun/Shao/Jason
		Saturday	9.00am – 9.45am	Jason/P.timers	4.00pm – 4.45pm	Sun/Shao/Jason
		Sunday	9.00am -- 9.45am	Jason/P.timers	-	-
	Level 2	Mon, Tue, Wed & Friday	9.00am – 9.45am	Shao Xuan	4.45pm – 5.30pm	Shao/Jason/P.Timers
		Saturday	9.00am – 9.45am	Shao/P.Timers	4.45pm – 5.30pm	Shao/P.Timers
		Sunday	9.00am – 9.45am	Shao/P.Timers	-	-
	Level 3	Mon, Tue, Wed, Fri & Saturday	8.00am – 9.00am	Alvin Tam	6.00pm – 7.00pm	Alvin Tam/P.Timers
		Sunday	8.00am – 9.00am	Alvin Tam/P.Timers	-	-
	Level 4	Mon, Tue, Wed, Fri & Saturday	7.50am – 9.00am	Shao Xuan/Jason	6.00pm – 7.10pm	Shao/P.Timers
Sunday		7.50am – 9.00am	Shao/P.Timers	-	-	
DEVELOPMENT SQUADS	Elementary 1	Mon, Tue, Wed, Friday	7.30am – 9.00am	Sun Chang Le	5.00pm – 6.30pm	Sun /Jason
		Saturday	7.30am – 9.00am	Sun /Jason	5.00pm – 6.30pm	Sun /Jason
		Sunday	7.30am – 9.00am	Sun/Jason	-	-
	Elementary 2	Mon, Tue, Wed, Fri & Saturday	7.30am – 9.30am	Tian Tian	5.00pm – 7.00pm	Tian Tian
		Sunday	7.30am – 9.30am	Tian Tian	-	-
COMPETITIVE GROUPS	Intermediate	Mon, Tue, Wed & Friday	7.30am – 9.30am	Crystal Wang	5.00pm – 7.30pm	Crystal Wang
		Saturday	7.30am – 9.30am	Crystal Wang	3.30pm – 6.00pm	Crystal Wang
		Sunday/ Pub H	7.30am – 9.30am	Crystal Wang	-	-
	Advance	Mon, Tue, Wed & Friday	7.30am – 9.30am	Yang Bin	5.00pm – 7.30pm	Yang Bin
		Saturday	7.30am – 9.30am	Yang Bin	3.30pm – 6.00pm	Yang Bin
		Sunday/ Pub H	7.30am – 9.30am	Yang Bin	-	-
	Elite	Mon, Tue, Wed & Friday	5.30am – 7.30am	Barry	5.00pm – 7.30pm	Barry
		Saturday	7.30am – 9.30am	Barry	3.30pm – 6.00pm	Barry
		Sunday/ Pub H	7.30am – 9.30am	Barry	-	-
MASTERS		Tues, Wed & Friday	-	-	7.45pm – 8.45pm	Alvin/ Sun/ Tian