



# **EVOLUTION SWIMMING ACADEMY**

## **TRAINING SCHEDULES**

# ACADEMY



TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PERFORMANCE SQUAD	3.30 - 5.30PM	5.00 - 7.15PM	3.30 - 5.30PM	5.00 - 6.30PM		7.00 - 9.30AM
ADV. DEV SQUAD	5.30 - 7.00PM	-	5.30 - 7.00PM	5.00 - 6.30PM	-	7.30 - 9.30AM
DEVELOPMENT SQUAD	-	4.00 - 5.00PM	-	4.00 - 5.00PM	3.30 - 5.30PM	8.00 - 9.30AM