



EVOLUTION SWIMMING ACADEMY

TRAINING SCHEDULES

ACADEMY



TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PERFORMANCE SQUAD	3.30 - 5.30PM	5.00 - 7.30PM	3.30 - 5.30PM	-	4.30 - 6.30PM	7.00 - 9.00AM
ADV. DEV SQUAD	5.30 - 7.00PM	-	5.30 - 7.00PM	5.00 - 6.30PM	-	8.00 - 9.45AM
DEVELOPMENT SQUAD	-	4.00 - 5.00PM	-	4.00 - 5.00PM	3.30 - 4.30PM	9.00 - 10.00AM