



# EVOLUTION

# SWIMMING

# AL WAJBA

**TRAINING SCHEDULES**

# LEARN TO SWIM



## SUNDAY AND WEDNESDAY

<b>LITTLE SPLASHERS</b>	<b>3.30 - 4.00PM</b>	<b>4.00 - 4.30PM</b>	<b>4.30 - 5.00PM</b>	<b>5.00 - 5.30PM</b>
<b>LEVEL 1</b>	<b>3.30 - 4.00PM</b>	<b>4.00 - 4.30PM</b>	<b>4.30 - 5.00PM</b>	<b>5.00 - 5.30PM</b>
<b>LEVEL 2</b>	<b>3.30 - 4.00PM</b>	<b>4.00 - 4.30PM</b>	<b>4.30 - 5.00PM</b>	<b>5.00 - 5.30PM</b>
<b>LEVEL 3</b>	<b>3.30 - 4.00PM</b>	<b>4.00 - 4.30PM</b>	<b>4.30 - 5.00PM</b>	<b>5.00 - 5.30PM</b>
<b>LEVEL 4</b>	<b>3.30 - 4.15PM</b>			
<b>LEVEL 5</b>		<b>4.30 - 5.15PM</b>		
<b>LEVEL 6 / 7</b>	<b>3.30 - 4.30PM</b>			

# LEARN TO SWIM



## MONDAY AND THURSDAY

<b>LITTLE SPLASHERS</b>	<b>3.30 - 4.00PM</b>	<b>4.00 - 4.30PM</b>	<b>4.30 - 5.00PM</b>	<b>5.00 - 5.30PM</b>
<b>LEVEL 1</b>	<b>3.30 - 4.00PM</b>	<b>4.00 - 4.30PM</b>	<b>4.30 - 5.00PM</b>	<b>5.00 - 5.30PM</b>
<b>LEVEL 2</b>	<b>3.30 - 4.00PM</b>	<b>4.00 - 4.30PM</b>	<b>4.30 - 5.00PM</b>	<b>5.00 - 5.30PM</b>
<b>LEVEL 3</b>	<b>3.30 - 4.00PM</b>	<b>4.00 - 4.30PM</b>	<b>4.30 - 5.00PM</b>	<b>5.00 - 5.30PM</b>
<b>LEVEL 4</b>			<b>4.30 - 5.15PM</b>	<b>5.30 - 6.15PM</b>
<b>LEVEL 5</b>	<b>3.30 - 4.15PM</b>			
<b>LEVEL 6 / 7</b>			<b>4.30 - 5.30PM</b>	<b>5.30 - 6.30PM</b>