

**EV**



**EVOLUTION  
SWIMMING  
DESS**

**TRAINING SCHEDULES**

# LEARN TO SWIM



## SUNDAY AND WEDNESDAY

LEVEL	SESSION TIME
LITTLE SPLASHERS	2.30 - 3.15PM
LEVEL 1	3.15 - 4.00PM
LEVEL 2	2.30 - 3.15PM
LEVEL 3	3.15 - 4.00PM
LEVEL 4	4.00 - 4.45PM
LEVEL 5	4.00 - 4.45PM

# LEARN TO SWIM



## MONDAY AND THURSDAY

LEVEL	SESSION TIME
LITTLE SPLASHERS	3.15 - 4.00PM
LEVEL 1	2.30 - 3.15PM
LEVEL 2	3.15 - 4.00PM
LEVEL 3	2.30 - 3.15PM
LEVEL 4/5	4.00 - 4.45PM
LEVEL 6/7	4.00 - 5.00PM

# LEARN TO SWIM



## TUESDAY ONCE A WEEK

LEVEL	SESSION TIME
LITTLE SPLASHERS	2.30 - 3.15PM
LEVEL 1	3.15 - 4.30PM
LEVEL 2	4.30 - 5.15PM
LEVEL 3	2.30 - 3.15PM
SWIMFIT	3.15 - 4.30PM