



SICC - Swimming Programmes wef July 2010

GROUP/LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	COACH
Advance (Competitive Squad) Stroke Correction/Land Exercise		6.00am to 7.30am		6.00am to 7.30am		8.00am to 10.00am	Gui Yuan Yuan
	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	
	Training Sets	5.00pm to 7.00pm	5.00pm to 7.00pm	5.00pm to 7.00pm	5.00pm to 7.00pm	5.00pm to 7.00pm	
Senior (Competitive Squad) Stroke Correction/Land Exercise		8.00am to 10.00am	8.00am to 10.00am	8.00am to 10.00am	8.00am to 10.00am	8.00am to 10.00am	Wang Fang
	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	
	Training Sets	5.00pm to 7.00pm	5.00pm to 7.00pm	5.00pm to 7.00pm	5.00pm to 7.00pm	5.00pm to 7.00pm	
Junior (Competitive Squad) Stroke Correction/Land Exercise		8.00am to 10.00am	8.00am to 10.00am	8.00am to 10.00am	8.00am to 10.00am	8.00am to 10.00am	Leonard Lim
	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	4.00pm to 4.50pm	
	Training Sets	5.00pm to 7.00pm	5.00pm to 7.00pm	5.00pm to 7.00pm	5.00pm to 7.00pm	5.00pm to 7.00pm	
Intermediate (Pre-Competitive Squad)		8.00am to 9.30am	8.00am to 9.30am	8.00am to 9.30am	8.00am to 9.30am	8.00am to 9.30am	Ken Lim
	5.30pm to 7.00pm	5.30pm to 7.00pm	5.30pm to 7.00pm	5.30pm to 7.00pm	5.30pm to 7.00pm	5.00pm to 6.30pm	
		8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	
	Elementary	4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm	
Beginner (Level 3) (Learn to Swim)		8.00am to 9.00am		8.00am to 9.00am		8.00am to 9.00am	Liang Ping
		5.00pm to 6.00pm		5.00pm to 6.00pm			Zhao Ying
	6.00pm to 7.00pm	6.00pm to 7.00pm	6.00pm to 7.00pm	6.00pm to 7.00pm	6.00pm to 7.00pm	6.00pm to 7.00pm	Liang Ping
						6.00pm to 7.00pm	Part-Time Coach
Beginner (Level 2) (Learn to Swim)		8.00am to 9.00am		8.00am to 9.00am		8.00am to 9.00am	Liang Ping
		4.00pm to 5.00pm		4.00pm to 5.00pm			Zhao Ying
						4.00pm to 5.00pm	Part-Time Coach
	5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm	Liang Ping
Beginner (Level 1) (Learn to Swim)		9.00am to 9.45am		9.00am to 9.45am		9.00am to 9.45am	Liang Ping
						3.00pm to 3.45pm	Part-Time Coach
	4.00pm to 4.45pm	4.00pm to 4.45pm	4.00pm to 4.45pm	4.00pm to 4.45pm	4.00pm to 4.45pm	4.00pm to 4.45pm	Liang Ping
						6.00pm to 6.45pm	Part-Time Coach
PRE BEGINNERS	One session every half hour commencing at 2 pm on Saturday held at Island Pool					2.00pm to 6.00pm	Aquaducks
INFANTS	One session every half hour commencing at 9 am on Saturday held at Bukit Pool					9.00am to 12.00pm	
Recreation 1 12 & under	-	8.00am to 9.30am	8.00am to 9.30am	8.00am to 9.30am	8.00am to 9.30am	8.00am to 9.30am	Zhao Ying For Recreational Swimmers
	4.30pm to 5.30pm	-	4.30pm to 5.30pm	-	4.30pm to 5.30pm	4.00pm to 5.00pm	
Recreation 2 13 & up	-	8.00am to 9.30am	8.00am to 9.30am	8.00am to 9.30am	8.00am to 9.30am	8.00am to 9.30am	
	5.30pm to 7.00pm	-	5.30pm to 7.00pm	-	5.30pm to 7.00pm	5.00pm to 6.30pm	
Masters 19 & Up	-	7.00am to 9.00am		7.00am to 9.00am			
			7.00pm to 9.00pm				

Fees: Per/Month	Groups / Levels	No of Times per week
\$60	Advance, Senior, Junior, Elementary, Intermediate,	Unlimited
\$60	Recreation 1 & 2, Masters	Unlimited
\$55	Beginners (Level 3)	3 times per week
\$55	Beginners (Level 2)	2 times per week
\$55	Beginners (Level 1)	Once per week
\$100	Infants & Pre-Beginners	Once per week
For more information, please call:		
	Sharon - 64501408	Coaches - 64501410