



## TIME TABLE SEP - DEC 2017

Group / Level	Sunday		Monday		Tuesday		Wednesday			Thursday		Friday	Saturday	
	Horizon English School	Emirates International School Meadows	Hamdan Sports Complex	Emirates International School Meadows	Fitness First Meadows	Emirates International School Meadows	Horizon	Hamdan Sports Complex	Emirates International School Meadows	Emirates International School Meadows	Fitness First Meadows	DBS Jumeirah	Fit Republik	DBS Jumeirah
<b>Recreational :Star Level, Level 1 (45 min session)</b> <i>Beginner sessions for who choose to do once a week .</i>	5.00 pm - 5.45 pm (Mixed ages)					4.30 pm - 5.15 pm (Mixed ages)				4.30 pm - 5.15 pm (6- 9 yrs)	4.30 pm - 5.15 pm (10+ yrs)	9.30 am - 10.15 am (Mixed age ) <i>Tentative</i>	12.00 pm - 12.45 pm (8- 12 yrs)	
<b>Intermediate : Level 2 or up (1 hr session)</b> Swimmers have to do twice a week mandatorily	5.45 pm - 6.45 pm (Mixed ages)		5.00 pm - 6.00 pm (Mixed ages)		6.30 pm - 7.30 pm (Mixed ages)						6.15 pm - 7.15 pm (Mixed ages)	10.15 am - 12.15 pm (Mixed ages) <i>Tentative</i>	9.00 am - 10.00 am (10+ yrs)	
<b>Development team : Level 2 or 3 , Invite Only (3 hrs / week mandatory)</b>	4.00 pm - 5.30 pm (8-12 yrs) <i>Team Octopus</i>					5.15 pm - 6.15 pm (Under 12 yrs) <i>Team Swordfish</i>	4.00 pm - 5.30 pm (8-12 yrs) <i>Team Octopus</i>							2.30 pm - 4.30 pm (Under 12 yrs) <i>Team Swordfish</i>
	5.30 pm - 7.00 pm <i>Team Jellyfish</i>						5.30 pm - 7.00 pm <i>Team Jellyfish</i>							
<b>Adcanced skills session : Open to all squads</b>			6.00 pm - 7.00 pm (all squad members)	5.30 pm - 6.30 pm (Squad Flying Fish and all squad members)										
<b>Junior Squad :</b>  Invite only , Under 8 & Under 10 squad . Minimum of 3 hrs/ week					4.30 pm - 6.00 pm (Under 10 Squad) <i>Team Stingrays</i>						4.30 pm - 6.00 pm (Under 10 Squad) <i>Team Stingrays</i>			
					5.00 pm - 6.30 pm (Under 8 Squad) <i>Team Flamingos</i>						5.00 pm - 6.30 pm (Under 8 Squad) <i>Team Flamingos</i>			
<b>SQUADS : Invite only , Elite group . Minimum of 4 hours / week mandatory</b>		4.30 pm - 6.30 pm <i>Squad Flyish Fish</i>					5.00 pm - 7.00 pm <i>Squad Sharks A &amp; B</i>	5.00 pm - 7.00 pm <i>Squad Knights</i>	4.30 pm - 6.30 pm <i>Squad Flyish Fish</i>				10.00 am -12.00 noon <i>Squad Dolphins</i>	
							5.00 pm - 7.00 pm <i>Squad Dolphins</i>						11.00 am - 1.00 pm <i>Squad Knights</i>	
													11.00 am - 1.00 pm <i>Squad Sharks A &amp; B</i>	