

INTERMEDIATE SQUAD

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 12th	August 13	August 14	August 15	August 16	August 17	August 18
Before School			6:00am - 7:20am		6:00am - 7:20am	Outside Coach Swim Option	Day Off
After School							

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 19th	August 20	August 21	August 22	August 23	August 24	August 25
Before School		6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:40am (Buffet Breakfast)	Outside Coach Swim Option	Day Off
After School	3:30pm - 5:30pm (50m Pool)						

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 26th	August 27	August 28	August 29	August 30	August 31	September 1
Before School		6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	Outside Coach Swim Option	Day Off
After School	3:30pm - 5:30pm (50m Pool)						

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 2	September 3	September 4	September 5	September 6	September 7	September 8
Before School		6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	Outside Coach Swim Option	Day Off
After School							

WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 9	September 10	September 11	September 12	September 13	September 14	September 15
Before School		6:00am - 7:20am	6:00am - 7:20am			Mid-Autumn Festival	
After School							

WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 16	September 17	September 18	September 19	September 20	September 21	September 22
Before School		6:00am - 7:20am	6:00am - 7:20am			Swim Team Time Trial	Day Off
After School	3:30pm - 5:30pm (50m Pool)						

WEEK 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 23	September 24	September 25	September 26	September 27	September 28	September 29
Before School		6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am		
After School	3:30pm - 5:30pm (50m Pool)						

WEEK 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 30	October 1	October 2	October 3	October 4	October 5	October 6
Before School	Chinese National Day Holiday						
After School							

WEEK 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 7	October 8	October 9	October 10	October 11	October 12	October 13
Before School		6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	Outside Coach Swim Option	Day Off
After School							

WEEK 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 14	October 15	October 16	October 17	October 18	October 19	October 20
Before School		6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:40am (Buffet Breakfast)	SSL Round 1 @ SCISQ	SSL Round 1 @ SCISQ
After School	3:30pm - 5:30pm (50m Pool)						

WEEK 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 21	October 22	October 23	October 24	October 25	October 26	October 27
Before School		6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	Development Series Round 1	Day Off
After School	3:30pm - 5:30pm (50m Pool)						