INTERMEDIATE SQUAD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	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	Day
After						Swim Option	Off
School							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 2	August 19th	August 20	August 21	August 22	August 23	August 24	August 25
Before		6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:40am		_
School After	3:30pm - 5:30pm				(Buffet Breakfast)	Outside Coach Swim Option	Day Off
School	(50m Pool)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 3	August 26th	August 27	August 28	August 29	August 30	August 31	September 1
Before	3	6:00am - 7:20am	6:00am - 7:20am	3	6:00am - 7:20am	3	
School After	3:30pm - 5:30pm	C.CCam - 7.2Cam	0.00diii = 7.20diii		0.000111 - 7.200111	Outside Coach Swim Option	Day Off
School	(50m Pool)					Chini Option	<u> </u>
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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before	September 2	September 3	September 4	September 5	September 6	September 7	September 8
School		6:00am - 7:20am	6:00am - 7:20am		6:00am - 7:20am	Outside Coach	Day
After School						Swim Option	Off
Control							
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	
After						Festival	
School							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 6	September 16	September 17	September 18	September 19	September 20	September 21	September 22
Before		6:00am - 7:20am	6:00am - 7:20am				_
School After	3:30pm - 5:30pm					Swim Team Time Trial	Day Off
School	(50m Pool)						
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WEEK 7	Monday September 23	Tuesday September 24	Wednesday September 25	September 26	Friday September 27	Saturday September 28	Sunday September 29
Before	September 23		·	September 20		September 20	September 29
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			
After				Day Holiday			
Cobool				Day Holiday			
School				Day Holiday			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School WEEK 9	Monday October 7	Tuesday October 8	Wednesday October 9		Friday October 11	Saturday October 12	Sunday October 13
WEEK 9 Before	<u> </u>	-	-	Thursday	-	October 12	October 13
WEEK 9 Before School After	<u> </u>	October 8	October 9	Thursday	October 11		-
WEEK 9 Before School	<u> </u>	October 8	October 9	Thursday	October 11	October 12 Outside Coach	October 13
WEEK 9 Before School After	October 7	October 8 6:00am - 7:20am	October 9 6:00am - 7:20am	Thursday October 10	October 11 6:00am - 7:20am	October 12 Outside Coach Swim Option	October 13 Day Off
WEEK 9 Before School After	October 7	October 8 6:00am - 7:20am Tuesday	October 9	Thursday October 10 Thursday	October 11	October 12 Outside Coach Swim Option Saturday	October 13 Day Off Sunday
WEEK 9 Before School After School WEEK 10 Before	October 7	October 8 6:00am - 7:20am Tuesday October 15	October 9 6:00am - 7:20am Wednesday October 16	Thursday October 10	October 11 6:00am - 7:20am Friday October 18 6:00am - 7:40am	October 12 Outside Coach Swim Option Saturday October 19	October 13 Day Off Sunday October 20
WEEK 9 Before School After School WEEK 10 Before School	October 7 Monday October 14	October 8 6:00am - 7:20am Tuesday	October 9 6:00am - 7:20am Wednesday	Thursday October 10 Thursday	October 11 6:00am - 7:20am Friday October 18	October 12 Outside Coach Swim Option Saturday October 19 SSL Round 1	October 13 Day Off Sunday October 20 SSL Round 1
WEEK 9 Before School After School WEEK 10 Before	October 7	October 8 6:00am - 7:20am Tuesday October 15	October 9 6:00am - 7:20am Wednesday October 16	Thursday October 10 Thursday	October 11 6:00am - 7:20am Friday October 18 6:00am - 7:40am	October 12 Outside Coach Swim Option Saturday October 19	October 13 Day Off Sunday October 20
WEEK 9 Before School After School WEEK 10 Before School After	Monday October 14 3:30pm - 5:30pm	October 8 6:00am - 7:20am Tuesday October 15	October 9 6:00am - 7:20am Wednesday October 16	Thursday October 10 Thursday	October 11 6:00am - 7:20am Friday October 18 6:00am - 7:40am	October 12 Outside Coach Swim Option Saturday October 19 SSL Round 1	October 13 Day Off Sunday October 20 SSL Round 1
WEEK 9 Before School After School WEEK 10 Before School After	Monday October 14 3:30pm - 5:30pm (50m Pool)	October 8 6:00am - 7:20am Tuesday October 15 6:00am - 7:20am Tuesday	October 9 6:00am - 7:20am Wednesday October 16 6:00am - 7:20am Wednesday	Thursday October 10 Thursday October 17 Thursday	October 11 6:00am - 7:20am Friday October 18 6:00am - 7:40am (Buffet Breakfast) Friday	October 12 Outside Coach Swim Option Saturday October 19 SSL Round 1 @ SCISQ Saturday	October 13 Day Off Sunday October 20 SSL Round 1 @ SCISQ Sunday
WEEK 9 Before School After School WEEK 10 Before School After School	Monday October 14 3:30pm - 5:30pm (50m Pool)	October 8 6:00am - 7:20am Tuesday October 15 6:00am - 7:20am Tuesday October 22	October 9 6:00am - 7:20am Wednesday October 16 6:00am - 7:20am Wednesday October 23	Thursday October 10 Thursday October 17	October 11 6:00am - 7:20am Friday October 18 6:00am - 7:40am (Buffet Breakfast) Friday October 25	October 12 Outside Coach Swim Option Saturday October 19 SSL Round 1 @ SCISQ	October 13 Day Off Sunday October 20 SSL Round 1 @ SCISQ
WEEK 9 Before School After School WEEK 10 Before School After School	Monday October 14 3:30pm - 5:30pm (50m Pool)	October 8 6:00am - 7:20am Tuesday October 15 6:00am - 7:20am Tuesday	October 9 6:00am - 7:20am Wednesday October 16 6:00am - 7:20am Wednesday	Thursday October 10 Thursday October 17 Thursday	October 11 6:00am - 7:20am Friday October 18 6:00am - 7:40am (Buffet Breakfast) Friday	October 12 Outside Coach Swim Option Saturday October 19 SSL Round 1 @ SCISQ Saturday	October 13 Day Off Sunday October 20 SSL Round 1 @ SCISQ Sunday