TRANSITION 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		Outside Coach Swim Option	Day Off
After School						Owiiii Optioii	OII
	No. or all and	Tuesday	10/2 412 2 2 4 2 2	Thomadao	Friday	Catumdan	0
WEEK 2	Monday August 19th	Tuesday August 20	Wednesday August 21	Thursday August 22	Friday August 23	Saturday August 24	Sunday August 25
Before	· ···geov · · · · ·	6:00am - 7:20am	110300121	112922122	6:00am - 7:40am	-	1.1.9201.20
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 School		6:00am - 7:20am		6:00am - 7:20am		Outside Coach	Day
After			3:30pm - 5:30pm			Swim Option	Off
School			(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		Outside Coach	Day
After School			3:30pm - 5:30pm (50m Pool)			Swim Option	Off
GCHOOL			(30111 001)				
WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before	September 9	September 10	September 11	September 12	September 13	September 14	September 1
School		6:00am - 7:20am		6:00am - 7:20am		Mid-Autumn	
After School			3:30pm - 5:30pm (50m Pool)			Festival	
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WEEK 6	Monday September 16	Tuesday September 17	Wednesday September 18	Thursday September 19	Friday September 20	Saturday September 21	Sunday September 2
Before	September 10	6:00am - 7:20am	September 10	6:00am - 7:20am	September 20	September 21	September 2
School After		6.00aiii - 7.20aiii	3:30pm - 5:30pm	6.00aiii - 7.20aiii		Swim Team Time Trial	Day Off
School			(50m Pool)			11110	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 7	September 23	September 24	September 25	September 26	September 27	September 28	September 2
Before		6:00am - 7:20am		6:00am - 7:20am	·		
School After			3:30pm - 5:30pm				
School			(50m Pool)				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 8	September 30	October 1	October 2	October 3	October 4	October 5	October 6
Before School				Chinese National			
After School				Day Holiday			
3011001							
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		Outside Coach	Day
After School			3:30pm - 5:30pm (50m Pool)			Swim Option	Off
			()				1
WEEK 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before	October 14	October 15	October 16	October 17	October 18 6:00am - 7:40am	October 19	October 20
School		6:00am - 7:20am			(Buffet Breakfast)	SSL Round 1	SSL Round
After School			3:30pm - 5:30pm (50m Pool)			@ SCISQ	@ SCISQ
WEEK 11	Monday October 21	Tuesday October 22	Wednesday October 23	Thursday October 24	Friday October 25	Saturday October 26	Sunday October 27
WEEK 11					22(000) 20	22(000) 20	J J J J J J J J J J J J J J J J J J J
Before	October 21			6:00am - 7:20am		Dovolonment	
	October 21	6:00am - 7:20am	3:30pm - 5:30pm	6:00am - 7:20am		Development Series Round 1	Day Off