

ORANGE SQUAD TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning			Swim 6:40am - 8:00am			
Afternoon	Swim 5:00pm - 6:00pm	Swim 5:00pm - 6:00pm		Swim 5:00pm - 6:00pm	Swim 5:00pm - 6:00pm	

SWIMFIT (JUNIOR & SENIOR) TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	Swim 7:00am - 8:00am	Rest	Swim 7:00am - 8:00am	Rest	Rest	Swim 7:30am - 9:00am
Afternoon	Rest	Rest	Swim 5:00pm - 6:00pm	Rest	Rest	Rest