

ISB Aquatics Department Practice Schedule Season 1 (2021-22)

Sep 20th - Oct 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ASA Only (from Sep 22nd)	~~~	~~~	2:30 - 3:30pm	~~~	~~~	
Little Dragons	3.30-4.30pm	3.30-4.30pm		3.30-4.30pm	3.30-4.30pm	8:30 -10.30am
ES Squads (Blue/Bronze)	~~~	~~~		~~~	~~~	
		*6:45-7.45am		*6:45-7.45am		8:30 -10.30am (ESBlue)
	3.30-4.30pm	3:30 - 4:30pm	3.30-4.30pm	3:30 - 4:30pm	3.30-4.30pm	10-12:00pm (ESBr)
MS Squads (Blue/Bronze/Sil /Gold/Uni)						
		*6:15-7.45am		*6:15-7.45am		10- 12:00pm
	4:15-5:45pm	4:15-5:45pm	3:30-5:45pm	4:15-5:45pm	4:15-5:45pm	
HS Squads (Blue/Bronze/Sil /Gold/Uni)		6:15-7:45am (11+)		6:15-7:45am (11+)		10- 12:00pm
	4:15-5:45pm	4:15-5:45pm	3:30-5:45pm	4:15-5:45pm	4:15-5:45pm	
UES Seasonal	~~~	3:30-4:30	~~~	3:30-4:30		

Note: Wednesday ES Blue/Bronze: If ES Blue/Bronze swimmers training on 3:30-4:30 session, please arrange your private transportation.

Elementary students are not allowed to take 6:00 school bus for safety reasons.

If any ES student take 6:00 bus after the training, Wednesday ES Blue/Bronze sessions will have to be canceled.

***6:45 Training session (9 years +) in the morning: Arrive the pool at 6:35am in the morning and dive-in at 6:45am**

***6:15 Training session (11 years +) in the morning: Arrive at the pool at 6:00am to dive in at 6:15am.**

Note: Due to the number of swimmers and safety reason, the practice schedule might be amended after ASA starts

Note: Adjustments may occur depending on the demand of coaching resources

Note: Saturdays will not occur over long weekends or holiday breaks, unless they form part of a camp offering.

Note: Academy requires that Little Dragon & Blue Squads practice a minimum of 2 sessions,

Bronze, Silver and Gold and University a minimum of 3 sessions

HS swimmers out of season requirements are a minimum of 2 sessions, depending on academic and other sport commitments

