

# EVOLUTION SWIMMING

## AL WAAB TRAINING SCHEDULES



2016-2017 SEASON

TERM 3 (23 APRIL – 1 JULY)

# EVOLUTION SWIMMING **AGE GUIDE**

GROUP	AGE
LITTLE SPLASHERS (PARENT AND CHILD)	6 MONTHS – 3 YEARS
WATER CONFIDENCE – LEVEL 5	3 YEARS AND OVER
SQUAD SWIMMERS	ABILITY DEPENDENT

\*LITTLE SPLASHERS WILL ONLY MOVE TO WATER CONFIDENCE IN THE TERM FOLLOWING THEIR 3<sup>RD</sup> BIRTHDAY  
AND NOT DURING TERM

# SESSION DURATION

GROUP	SESSION DURATION
WATER CONFIDENCE 1 & 2	30 MINUTES
LEVEL 1	30 MINUTES
LEVEL 2	30 MINUTES
LEVEL 3	30 MINUTES
LEVEL 4	45 MINUTES
LEVEL 5	1 HOUR
SQUADS DEVELOPMENT, JUNIOR & SENIOR	1 HOUR 15 MINUTES

# EVOLUTION SWIMMING AL WAAB

TERM 3 TRAINING SCHEDULE  
SUNDAY AND TUESDAY



GROUP	SESSION START TIME	
LEVEL 3	4.45PM	
LEVEL 4	4.30PM	
LEVEL 5	3.30PM	5.15PM
DEVELOPMENT SQUAD	3.30PM	5.15PM
JUNIOR SQUAD	3.30PM	
SENIOR SQUAD	5.15PM	

# EVOLUTION SWIMMING **AL WAAB**

TERM 3 TRAINING SCHEDULE  
MONDAY AND WEDNESDAY



GROUP	SESSION START TIME	
WATER CONFIDENCE	3.45PM – 6.15PM	SESSIONS TAKE PLACE EACH 30 MINUTES DURING THIS TIME PERIOD
LEVEL 1	3.45PM – 6.15PM	
LEVEL 2	3.45PM – 6.15PM	
LEVEL 3	3.45PM – 6.15PM	
LEVEL 4	5.45PM	

# EVOLUTION SWIMMING AL WAAB



## TERM 3 TRAINING SCHEDULE THURSDAY AND SATURDAY

GROUP	THURSDAY SESSION START TIME		SATURDAY SESSION START TIME
WATER CONFIDENCE	3PM – 6PM	SESSIONS TAKE PLACE EACH 30 MINUTES DURING THIS TIME PERIOD	9AM – 12PM
LEVEL 1	3PM – 6PM		9AM – 12PM
LEVEL 2	3PM – 6PM		9AM – 12PM
LEVEL 3	3PM – 6PM		9AM – 12PM
LEVEL 4	5.15PM	SESSIONS TAKE PLACE EACH 30 MINUTES DURING THIS TIME PERIOD	11.15AM
LEVEL 5	3PM		9AM
DEVELOPMENT SQUAD	3.30PM		1PM
JUNIOR SQUAD	3.30PM		4.45PM
SENIOR SQUAD	4.45PM		3.30PM

# EVOLUTION SWIMMING

TERM 3 TRAINING SCHEDULE  
SATURDAY



GROUP	SESSION START TIME
LITTLE SPLASHERS	8AM

LITTLE SPLASHERS IS A PARENT AND CHILD SESSION AIMED AT DEVELOPING FAMILIARITY AND CONFIDENCE IN THE WATER FOR CHILDREN AGED 6 MONTHS – 3 YEARS