

EVOLUTION SWIMMING

WEST BAY 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 3RD 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 WEST BAY



TERM 3 TRAINING SCHEDULE
SUNDAY AND TUESDAY

GROUP		SESSION START TIME	
WATER CONFIDENCE	3.30PM – 6PM	SESSIONS TAKE PLACE EACH 30 MINUTES DURING THIS TIME PERIOD	
LEVEL 1	3.30PM – 6PM		
LEVEL 2	3.30PM – 6PM		
LEVEL 3	3.30PM – 6PM		
LEVEL 4	3.30PM	4.15PM	
LEVEL 5	5.00PM		
JUNIOR SQUAD	3.30PM		
SENIOR SQUAD	4.45PM		

EVOLUTION SWIMMING WEST BAY

TERM 3 TRAINING SCHEDULE
MONDAY AND WEDNESDAY



GROUP		SESSION START TIME	
WATER CONFIDENCE	3.30PM – 6PM	SESSIONS TAKE PLACE EACH 30 MINUTES DURING THIS TIME PERIOD	
LEVEL 1	3.30PM – 6PM		
LEVEL 2	3.30PM	4PM	5.30PM
LEVEL 3	4.30PM	5PM	
LEVEL 4	3.30PM	5.15PM	
LEVEL 5	4.15PM		
DEVELOPMENT SQUAD	4.45PM		
JUNIOR SQUAD	3.30PM		

EVOLUTION SWIMMING WEST BAY

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	SESSIONS TAKE PLACE EACH 30 MINUTES DURING THIS TIME PERIOD
LEVEL 1	3PM – 6PM			9AM – 12PM	
LEVEL 2	3PM – 6PM			9AM – 12PM	
LEVEL 3	3PM – 6PM			9AM – 12PM	
LEVEL 4	5.15PM			11.15AM	
LEVEL 5	3PM			9AM	
DEVELOPMENT SQUAD	3.30PM			1PM	
JUNIOR SQUAD	3.30PM	4.45PM		2.15PM	
SENIOR SQUAD	4.45PM			3.30PM	

EVOLUTION SWIMMING WEST BAY

TERM 3 TRAINING SCHEDULE
THURSDAY AND SATURDAY



GROUP	THURSDAY SESSION START TIME		SATURDAY SESSION START TIME	
WATER CONFIDENCE	3.30PM - 6PM	SESSIONS TAKE PLACE EACH 30 MINUTES DURING THIS TIME PERIOD	9.30AM - 12PM	SESSIONS TAKE PLACE EACH 30 MINUTES DURING THIS TIME PERIOD
LEVEL 1	3.30PM - 6PM		9.30AM - 12PM	
LEVEL 2	3.30PM - 6PM		9.30AM - 12PM	
LEVEL 3	3.30PM - 6PM		9.30AM - 12PM	
LEVEL 4	4.30PM		10.30AM	
LEVEL 5	5.15PM		11.15AM	
DEVELOPMENT SQUAD	3.30PM		9.30AM	

EVOLUTION SWIMMING

TERM 3 TRAINING SCHEDULE 2016/2017

SATURDAY



WEST BAY

LITTLE SPLASHERS

8.30AM

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