



BEST

BANGKOK

ELITE SWIM TEAM



Schedules 2020 : **Squad Term 3** April 20th - June 21st (9-Week Term)

SQUAD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sessions / Week
National Performance	05:15 - 07:45AM Simon @ BEST	05:15 - 07:45AM Simon @ BEST	05:15 - 07:45AM Simon @ BEST	5:15 - 7:45AM Simon @ BEST	05:15 - 07:45AM Simon @ BEST	06:30 - 09:00AM Combined Group Session Simon + Bank @ Brighton	OFF	Open 10
	17:00 - 19:00PM Simon @ Brighton	16:45 - 19:45PM Simon @ BEST	OFF	17:00 - 19:45PM Simon @ Brighton	17:00 - 19:45PM Simon @ BEST			Min 8
Junior Performance	05:15 - 06:45AM Bank @ BEST	05:15 - 06:45AM Bank @ BEST	17:00 - 19:30PM Bank @ BEST (Incl. Land)	17:00 - 19:30PM Bank @ BEST	05:15 - 06:45AM Bank @ BEST	06:30 - 09:00AM Combined Group Session Simon + Bank @ Brighton	OFF	Open 8
	17:00 - 19:00PM Bank @ Brighton	17:00 - 19:30PM Bank @ Brighton			17:00 - 19:30PM Bank @ BEST			Min 6
Junior Development	17:15 - 19:30PM Dan @ BEST (AM Option w/ Bank @ BEST)	17:00 - 19:30PM Dan @ Brighton	17:15 - 19:30PM Dan @ BEST	17:15 - 19:00PM Dan @ BEST	OFF	06:30 - 09:00AM Dan @ Brighton	06:45 - 09:00 Dan @ BEST (Incl. Landwork)	Open 6
								Min 4
Gold	15:50 - 17:30PM Dan @ BEST	OFF	15:50 - 17:30 PM Dan @ BEST	15:50 - 17:30 PM Dan @ BEST	OFF	08:45 - 11:00AM Dan @ Brighton	8:45 - 10:45AM Dan @ BEST	Open 5
								Min 3
Silver	17:30 - 18:45 PM Josh @ BEST	17:30 - 18:45 PM Josh @ BEST	OFF	17:30 - 18:45PM Josh @ BEST	OFF	10:00 - 11:15 Josh @ BEST	09:00 - 10:15 Josh @ BEST	Open 5
								Min 3
Bronze	16:30 - 17:30 PM Josh @ BEST	16:30 - 17:30 PM Josh @ BEST	OFF	16:30 - 17:30 PM Josh @ BEST	OFF	09:00 - 10:00 AM Josh @ BEST	10:15 - 11:15 Josh @ BEST	Open 5
								Min 2
Brighton School (BCB)	08:00 - 16:30 All Grades Coach Seung & Lok	08:00 - 16:30 All Grades Coach Seung & Lok	08:00 - 16:30 All Grades Coach Seung & Lok	08:00 - 16:30 All Grades Coach Seung & Lok	08:00 - 16:30 All Grades Coach Seung & Lok	OFF	OFF	Curriculum, CCA, School Team
Berkeley Elementary School	YEAR 5 14:45 - 15:45PM	YEAR 4 14:45 - 15:45PM	YEAR 2 14:45 - 15:45PM	YEAR 1 14:45 - 15:45PM	YEAR 3 & Kind. 14:45 - 15:45PM	OFF	OFF	Elementary School Program
Masters Squad	OFF	6:45 - 7:45AM Josh @ BEST	OFF	6:45 - 7:45AM Josh @ BEST	OFF	OFF	OFF	Min 3 Pax Required per session