

AQUATIC PERFORMANCE SWIM CLUB (SINGAPORE)

TEAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RED & WHITE	1600 – 1800 [ACSI] 1810 – 1840 (Land)	0530 – 0715 [ACSI] 1600 – 1800 [ACSI] 1810 – 1840 (Land)	0530 – 0715 [ACSI] 1700 – 1830 [ACJC]	1600 – 1800 [ACSI] 1810 – 1840 (Land)	0530 – 0715 [ACSI] 1600 – 1800 [ACSI] 1810 – 1840 (Land)	0530 – 0730 [ACSI]	
RED & WHITE JUNIOR	0530 – 0700 [ACJC] 1615 – 1700 (Land) 1700 – 1900 [ACJC]	0530 – 0700 [ACJC] 1630 – 1700 (Land) 1700 – 1900 [ACJC]	1615 – 1700 (Land) 1700 – 1900 [ACJC]	0530 – 0700 [ACJC] 1630 – 1700 (Land) 1700 – 1900 [ACJC]	1615 – 1700 (Land) 1700 – 1900 [ACJC]	0700 – 0900 [ACJC]	
JETFIRE	1800 – 2000 [ACSI]	1800 – 2000 [ACSI]	1800 – 2000 [ACSI]	1800 – 2000 [ACSI]	1800 – 2000 [ACSI]	0700 – 0900 [ACJC]	
BLUEWAVE		1700 – 1830 [ACJC]	1700 – 1830 [ACJC]	1700 – 1830 [ACJC]	1700 – 1830 [ACJC]	0700 – 0845 [ACJC]	0700 – 0845 [ACJC]
BLUESKY		1700 – 1900 [ACSI]	1700 – 1900 [ACSI]	1700 – 1900 [ACSI]	1700 – 1900 [ACSI]	0700 – 0830 [ACSI]	0700 – 0845 [ACJC]
ANGELS	1830 - 2000 [ACJC]	1830 - 2000 [ACJC]	1830 - 2000 [ACJC]	1830 - 2000 [ACJC]	1830 - 2000 [ACJC]	0700 - 0830 [ACSI]	

The above timings may be subjected to changes due to lane availability of the facility, camp and competition. Details will be informed via team chat group. Please attend training sessions according to your respective teams. Thank you.

Training schedule updated as of 23 October 2025