

SIS @Ciputra Swimming Programme

Term 1



	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 - 8:30	Virtues	Virtues	Virtues	Virtues	Virtues
1 8:30-9:15	Assembly	3L	4N	1N	1L
2 9:15-10:00	1L	3L	4N	3NA	6L
SNACK BRREAK 10:00-10:15					
3 10:15-11:00		2NA	2LB	3NA	6L
4 11:00-11:45	1N	2NA	2LB		
1145-1230					
12.30-1.25			2NB		
6 1:25-2:10	2LA	5N	2NB		4L
2.10-2.25					
7 2:25-2:55	2LA	5N	3NB	5L	4L
8 3:10 - 3:55			3NB	5L	
3:55 - 4:00	Dismissal				