

Fall Term 2026 (until end of HKIS School Swim Season)						
Performance II						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0530-0745 (Activate & Swim)	0530-0745 (Activate & Swim)		0530-0745 (Activate & Swim)	0530-0745 (Activate & Swim)	0615-0715 (S&C)	OFF
1515-1600 (S&C)			1515-1600 (S&C)		0730-0930 (Swim)	
1615-1745 (Swim)	1515-1715 (Swim) **HKIS HS Swim Team Session**	1515-1715 (Swim) **HKIS HS Swim Team Session**	1615-1745 (Swim)			
Performance I						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0530-0745 (Activate & Swim)			0530-0745 (Activate & Swim)	0530-0745 (Activate & Swim)	0615-0715 (S&C)	OFF
1515-1600 (S&C)			1515-1600 (S&C)		0730-0930 (Swim)	
1615-1745 (Swim)	1515-1715 (Swim) **HKIS HS Swim Team Session**	1515-1715 (Swim) **HKIS HS Swim Team Session**	1615-1745 (Swim)			
Competitive						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				0545-0745 (Activate & Swim)	0615-0715 (S&C)	OFF
1515-1600 (S&C)	**Any Non HKIS Swim Team Members: Train 1715-1845**	**Any Non HKIS Swim Team Members: Train 1715-1845**	1515-1600 (S&C)		0730-0930 (Activate & Swim)	
1615-1745 (Swim)	1515-1645 (Swim) **HKIS HS Swim Team Session**	1515-1645 (Swim) **HKIS HS Swim Team Session**	1615-1745 (Swim)			
Futures II						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	0530-0730 (Activate & Swim)				0530-0730 (Activate & Swim)	OFF
1645-1730 (Land)		1545-1630 (Land)	1730-1830 (S&C)	**Any Non HKIS Swim Team Members: Train 1715-1845**		
1745-1900 (Swim)		1645-1845 (Swim)	1845-2000 (Swim)	1515-1715 (Swim) **HKIS MS Swim Team Session**		
Futures I						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	0530-0730 (Activate & Swim)				0530-0730 (Activate & Swim)	OFF
1645-1730 (Land)		1615-1700 (Land)		**Any Non HKIS Swim Team Members: Train 1715-1845**		
1745-1900 (Swim)		1715-1845 (Swim)	1845-2000 (Swim)	1515-1715 (Swim) **HKIS MS Swim Team Session**		
Development II						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1615-1700 (Land)		1645-1730 (Land)	**Any HKIS MS Swim Team Members: Train 1515-1715**		OFF
	1715-1845 (Swim)	1845-2000 (Swim)	1745-1845 (Swim)	1715-1845 (Swim)	0930-1100 (Swim)	
Development I						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1745-1830 (Land)		1615-1700 (Land)		OFF
	1715-1845 (Swim)	1845-2000 (Swim)	1745-1845 (Swim)	1715-1845 (Swim)	0930-1100 (Swim)	
Rays						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1715-1815 (Swim) **in DCAA 18th & 25th August**		1715-1815 (Swim) **in DCAA 20th & 27th August**		1000-1045 (Land)	OFF
	1700-1800 (Swim) in RB **Starts Sep 1 in RB**		1700-1800 (Swim) in RB **Starts Sep 1 in RB**		1100-1200 (Swim) in DCAA	
Stingers						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1200-1300 (Swim) in DCAA	
Club Blue						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1900-2000 (Swim)	1845-1945 (Swim)			1845-1945 (Swim)		OFF
Club Black						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1900-2000 (Swim)	1845-1945 (Swim)			1845-1945 (Swim)		OFF
Activation sessions may be integrated into existing Swim-only sessions at a future date, subject to the availability of appropriate venues. These will be added and communicated once operational.						
** Training times are subject to change, any changes will be communicated in due course**						