



TERM 3/2022 SWIMMING SCHEDULE
ARCADIA SCHOOL

DAY	TIME	LEVEL	COACH
SUNDAY	9:00-11:00	Squad	Mayar
SUNDAY	9:00-11:00	Pre Squad	Mando
SUNDAY	9:00-9:45	L2	Mahmoud
SUNDAY	9:00-9:45	L1	Beko
SUNDAY	9:00-9:45	L3	Menna
SUNDAY	11:00-11:30	LS2	Mando
SUNDAY	9:45-10:30	L2	Menna
SUNDAY	9:45-10:30	L1	Mahmoud
SUNDAY	11:00-11:45	L1	Mayar
SUNDAY	9:45-10:30	L2	Beko
SUNDAY	10:30-11:15	L1	Menna
SUNDAY	10:30-11:00	LS1	Beko
SUNDAY	11:30-12:15	Aqua GYM	Mando
SUNDAY	10:30-11:15	L3	Mahmoud
SUNDAY	11:15-11:45	LS2	Mahmoud
SUNDAY	12:15-1:00	L2	Mando
SUNDAY	11:00-11:45	Adult masters	Beko
SUNDAY	11:15-12:00	Adult female	Menna



SUNDAY	1:00-1:45	L3	Mando
SUNDAY	12:00-12:45	L2	Menna
SUNDAY	11:45-12:30	Teen Beginner	Mahmoud
SUNDAY	11:45-12:30	L2	Mayar
SUNDAY	11:45-12:30	L3	Beko
SUNDAY	12:45-1:15	LS2	Menna
SUNDAY	1-1:45	L4	Mahmoud
SUNDAY	1:15-1:45	LS1	Menna
DAY	TIME	LEVEL	COACH
MONDAY	5:00-5:30	LS1	Beko
MONDAY	5:00-5:30	LS2	Mahmoud
MONDAY	5:00-5:45	L1	Mayar
MONDAY	5:30-6:15	L2	Mahmoud
MONDAY	5:45-7:45	Squad	Mayar
MONDAY	5:30-6:15	L3	Beko
MONDAY	6:15-7:00	L3	Mahmoud
MONDAY	6:15-7:00	L2	Beko
MONDAY	7:00-7:45	L4	Mahmoud
MONDAY	7:00-7:45	Adults	Beko
DAY	TIME	LEVEL	COACH
TUESDAY	5:00-5:45	L2	Mayar



TUESDAY	5:00-5:45	L1	Mando
TUESDAY	5:45-7:45	Squad	Mayar
TUESDAY	5:45-7:45	Pre Squad	Mando
DAY	TIME	LEVEL	COACH
WEDNESDAY	5:00-5:30	LS1	Beko
WEDNESDAY	5:00-5:30	LS2	Mahmoud
WEDNESDAY	5:00-5:45	L1	Mayar
WEDNESDAY	5:30-6:15	L2	Mahmoud
WEDNESDAY	5:45-7:45	Squad	Mayar
WEDNESDAY	5:30-6:15	L3	Beko
WEDNESDAY	6:15-7:00	L3	Mahmoud
WEDNESDAY	6:15-7:00	L2	Beko
WEDNESDAY	7:00-7:45	L4	Mahmoud
WEDNESDAY	7:00-7:45	Adults	Beko
DAY	TIME	LEVEL	COACH
THURSDAY	5:00-5:45	L2	Mayar
THURSDAY	5:00-5:45	L1	Mando
THURSDAY	5:45-7:45	Squad	Mayar
THURSDAY	5:45-7:45	Pre Squad	Mando
DAY	TIME	LEVEL	COACH
FRIDAY	3:30-4:00	LS1	Beko



FRIDAY	3:30-4:00	LS2	Mando
FRIDAY	3:30-4:15	L1	Mayar
FRIDAY	4:00-4:45	L2	Mando
FRIDAY	4:15-6:15	Squad	Mayar
FRIDAY	4:00-4:45	L1	Beko
FRIDAY	4:45-5:30	L3	Mando
FRIDAY	4:45-5:30	L4	Beko
FRIDAY	5:30-6:15	Aqua Gym	mando
FRIDAY	5:30-6:15	Adults	beko
DAY	TIME	LEVEL	COACH
SATURDAY	9-9:30	LS2	1 coach
SATURDAY	9:30-10:15	L1	1 coach
SATURDAY	10:15 - 11	L2	1 coach
SATURDAY	11 - 11:45	L3	1 coach

Government/religious holidays have been charged, as the dates are not confirmed yet. If the holiday falls on your class and we are off that day, a make up class will be arranged.

PLEASE NOTE: FROM 1ST JANUARY 2018, ALL PRICES ARE SUBJECT TO 5% VAT AS PER UAE LAW