

TRAINING SCHEDULE (2026)

Tue	Swim 7:30pm (Beginner, Intermediate, Advanced) (Taylor's International School, Puchong)
Thurs	Swim 7:30pm (Beginner, Intermediate, Advanced) (Taylor's International School, Puchong)
Sat	Running 7:00am (Track Session – Adult & Children) (Subang / Shah Alam / PJ / KL)
Sun	Swim 4:00pm (Learn To Swim – Adult & Children) (Taylor's International School, Puchong)



COACHING FEE (MONTHLY)

For Swimming Coaching:

- Once A Week (RM250/month)
- Twice A Week (RM350/month)
- Three Times A Week (RM450/month)
- Note: Fee is inclusive of Pool Entrance

Saturday Running:

- Once A Week (RM180/month)

Customised Training Plan

- Starts at RM300/month

