

ENGLISH FOOTBALL SCHOOL

Weekly Training Schedule

DAY	LOCATION	AGE	TIME	GROUPS
MONDAY	Parkland Green @ East Coast Park	4 - 6 years	4.30pm – 5.30pm	1
		7 - 10 years	5.00pm - 6.30pm	2
TUESDAY	Tanjong Rhu	2 – 4 years	4.15pm – 5.00pm	1 (T)
		5 - 6 years	5.00pm - 6.00pm	2
		6 - 7 years	5.00pm - 6.30pm	3
		8 years up	5.30pm - 7.00pm	4 & 5
	Marlborough College Malaysia, Johor	4 - 5 years	4.45pm – 5.30pm	1 (T)
		6 - 7 years	4.45pm – 6.15pm	2
		8 - 9 years	4.45pm – 6.15pm	3
		9 years up	4.45pm – 6.15pm	4
WEDNESDAY	Sentosa	2 - 3 years	4.00pm - 4.30pm	A (T)
		3 - 4 years	4.30pm - 5.15pm	1A & 1B (T)
		4 - 5 years	4.30pm - 5.25pm	2
		5 - 6 years	5.15pm - 6.30pm	3
		7 - 8 years	5.15pm - 6.30pm	4
		8 years up	5.15pm - 6.30pm	5
	Nanyang Technological University	2 - 4 years	5.45pm – 6.30pm	1
		5 - 6 years	5.45pm – 7.00pm	2
		7 years up	5.30pm - 7.00pm	3
	THURSDAY	Towner Gardens School	10 - 18 years	10.00am - 11.30am
Kembangan		2 - 4 years	4.15pm – 5.00pm	1 (T)
		4 - 5 years	4.45pm – 6.00pm	2
		6 – 7 years	4.45pm – 6.15pm	3
		8 – 9 years	4.45pm – 6.15pm	4
		9 years up	4.45pm – 6.15pm	5
Marlborough College Malaysia, Johor		9 - 12 years	4.45pm – 6.15pm	3
		13 years up	4.45pm – 6.15pm	4
FRIDAY	Marlborough College Malaysia, Johor	4 - 5 years	4.45pm – 5.30pm	1 (T)
		6 - 7 years	4.45pm – 6.00pm	2
		8 - 9 years	4.45pm – 6.15pm	3
		9 years up	4.45pm – 6.15pm	4
	Tanjong Rhu	2 – 4 years	4.15pm – 5.00pm	1 (T)
		5 - 6 years	5.00pm - 6.00pm	2
		6 - 7 years	5.00pm - 6.30pm	3
		8 years up	5.30pm - 7.00pm	4 & 5

SATURDAY	Angsana Green @ East Coast Park	2 - 4 years	8.30am – 9.15am	1 (T)
		4 – 5 years	8.30am – 9.45am	2
		5 - 6 years	8.30am – 10.00am	3
		6 – 7 years	9.30am – 11.00am	4
		7 – 8 years	9.30am – 11.00am	5
		8 – 9 years	10.00am – 11.30am	6
		10 years up	10.00am – 11.30am	7
	Sentosa	2 - 4 years	8.30am – 9.15am	1A, 1B, 1C (T)
		4 - 5 years	9.25am – 10.25am	2A, 2B & 2C
6 - 7 years		10.30am - 12.00pm	3 & 4	
7 years up		10.30am - 12.00pm	5	
Dempsey	2 - 4 years	5.00pm - 5.45pm	1 (T)	
	4 - 5 years	5.00pm - 6.00pm	2	
	6 years	5.00pm - 6.15pm	3	
	7 years	5.00pm - 6.15pm	4	
	8 years up	5.00pm - 6.15pm	5	
SUNDAY	Tanjong Rhu	2 – 4 years	8.45am – 9.30am	1 (T)
		5 years	8.45am – 10.00am	2
		6 - 7 years	9.30am - 11.00am	3
		8 years up	9.30am - 11.00am	4
	The Grand Lawn @ West Coast Park	2 – 4 years	8.45am – 9.30am	1 (T)
		5 years	8.45am – 10.00am	2
		6 - 7 years	9.30am - 11.00am	3
		8 years up	9.30am - 11.00am	4
	Parkland Green @ East Coast Park (Academy)	6 - 7 years	3.30pm - 5.00pm	1
		8 - 9 years	3.30pm - 5.00pm	2
		9 years up	3.30pm - 5.00pm	3
	Marlborough College Malaysia, Johor	2 - 4 years	4.00pm - 4.45pm	1 (T)
		5 - 6 years	4.45pm - 6.15pm	2
7 - 8 years		4.45pm - 6.15pm	3	
9 years up		4.45pm - 6.15pm	4	