State Senior Squad Summer School Holidays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
W/C 19 th Dec		6:30am – 9:30am*		6:30am – 9:30am*	6:30am – 8:30am	Beach (TBC)
	4:00pm – 6:00pm		3:00pm- 6:00pm*			7:00am – 9:00am
W/C 26 th Dec			6:30am – 9:30am*	6:30am – 9:30am*	6:30am – 8:30am	Beach (TBC)
		3:00pm- 6:00pm*				7:00am – 9:00am
W/C 2 nd Jan	4:00pm – 6:00pm	6:30am – 9:30am*	6:30am – 9:30am*	6:30am – 9:30am*	6:30am – 8:30am	6:30am – 9:30am*
W/C 9 th Jan	6:30am – 8:30am	6:30am – 9:30am*		6:30am – 9:30am*	6:30am – 8:30am	6:30am – 9:30am*
	4:00pm – 6:00pm		3:00pm- 6:00pm*			
W/C 16 th Jan	6:30am – 8:30am			6:30am – 9:30am*	6:30am – 8:30am	6:30am – 9:30am*
	4:00pm – 6:00pm	3:00pm- 6:00pm*	3:00pm- 6:00pm*	4:00pm – 6:00pm		
W/C 23 rd Jan	6:30am – 8:30am		6:30am – 9:30am*		6:30am – 8:30am	6:30am – 9:30am*
	4:00pm – 6:00pm	3:00pm- 6:00pm*	4:00pm – 6:00pm			
2022/2023 CRANBROOK AQUATICS SWIMMING CLUB * Spin/Gym						