



## State Senior Squad Timetable



|         | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday    |
|---------|-------------|-------------|-------------|-------------|-------------|-------------|
| Swim AM | 5:30 - 7:30 |             | 5:30 - 7:30 |             | 5:30 - 7:30 | 6:00 - 8:00 |
| Dryland | 6:00 - 7:00 | 4:00 - 4:45 |             | 6:00 - 7:00 |             | 8:00 - 9:00 |
| Swim PM | 4:00 - 6:00 | 4:45 - 6:30 | 4:00 - 6:30 | 4:30 - 6:00 |             |             |

2023

CRANBROOK AQUATICS SWIMMING CLUB Summer Timetable