



## Emerging Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM		6:30 – 7:30				6:30 – 8:30 Includes Dry Land
Swim PM	4:30 – 6:30		4:30 – 6:30 Includes Spin	4:30 – 6:30	4:30 – 6:00	
2023 CRANBROOK AQUATICS SWIMMING CLUB						