



Performance Squad Timetable WC 25/9 and 2/10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM	6:30 – 9:30 Includes Gym		6:30 – 8:30		6:30 – 8:30	6:30 – 9:30 Includes Gym
Swim PM		3:00 – 6:00 Includes Spin		3:00 – 6:00 Includes Gym		
2023 CRANBROOK AQUATICS SWIMMING CLUB						