



Emerging Squad Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM	5:45 - 7:30	5:45 - 7:30				6:00 - 7:30
Dryland PM		16:30 – 16:45	16:30 – 17:00	16:00 – 16:30	16:00 – 16:30	7:30 – 8:00
Swim PM		16:45 – 18:15	17:00 - 18:30	16:30 – 18:00	16:30 – 18:00	

2024 CRANBROOK AQUATICS SWIMMING CLUB