



Performance 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
Gym	18:00 – 19:00	18:30 – 19:00				8:00 - 9:00
Swim PM	16:30 – 18:00	16:45 – 18:30	16:45 – 18:30			

2024 CRANBROOK AQUATICS SWIMMING CLUB