



## Elite Squad Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM	6:00 - 8:00		7:30 - 9:00		6:00 - 8:00	6:00 - 8:00
Gym	18:15 - 19:00	17:45 - 18:45		18:00 - 19:00		8:00 - 9:00
Swim PM	16:30 - 18:15	16:00 - 17:45	16:45 - 18:30	16:00 - 18:00		

2024

CRANBROOK AQUATICS SWIMMING CLUB