



Emerging Squad - Timetable January Holidays No training 22/12 – 5/1



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM		6:15 – 8:15		6:15 – 8:15		8:00 – 9:30
Dry Land	14:30 – 15:00		14:30 – 15:00		14:30 – 15:00	7:30 – 8:00
Swim PM	15:00 - 17:00		15:00 – 17:00		15:00 - 17:00	

2025 CRANBROOK AQUATICS SWIMMING CLUB