



Performance Squad - Timetable January Holidays



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM	6:30 – 8:30			6:30 – 8:30	6:30 – 8:30	6:30 – 8:30
Gym/Spin	17:00 – 18:00	17:00 – 18:00				8:30 – 9:30
Swim PM	15:00 - 17:00	15:00 – 17:00	15:00 – 17:00			

2025 CRANBROOK AQUATICS SWIMMING CLUB