



Target Squad – Timetable January Holidays



No Training 22/12 – 5/1

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|-------------|-------------|-------------|---------------|---------------|-------------|
| Swim AM | 6:45 – 8:15 | 6:45 – 8:15 | 6:45 – 8:15 | | | 8:00 – 9:30 |
| Swim PM | | | | 15:30 – 17:00 | 15:30 – 17:00 | |

2025 CRANBROOK AQUATICS SWIMMING CLUB