



## Performance Squad

### Term 2 - Winter Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM	5:30 – 7:15			5:30 – 7:15	5:30 – 7:15	6:00 – 8:00
Gym/Spin	18:00 – 19:00	18:15 – 19:00				8:00 – 9:00
Swim PM	16.15 – 18:00	16:30 – 18:15	16:00 – 18:00			
2025 CRANBROOK AQUATICS SWIMMING CLUB						