



Elite Squad

Term 3 – Winter Timetable



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