



Performance Squad

Term 3 - Winter Timetable



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