



Senior Emerging Squad

Term 3 - Winter Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM	5:45 – 7:15		5:45 – 7:15			6:00 – 8:00
Dryland- Gym-Spin		15:45 – 16:30		17:00 – 18-00	16:00 – 16:30	
Swim PM		16:30 – 18:00	16:00 – 17:30	18:00 – 19:30	16:30 – 18:00	
2025CRANBROOK AQUATICS SWIMMING CLUB						