



Senior Emerging Squad Winter School Holidays Timetable



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