



Elite Squad Summer Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activation Swim AM	5:30 – 6:00 6:00 – 8:00		7:00 – 7:30 7:30 – 9:30		5:30 – 6:00 6:00 – 8:00	5:15/5:30-6:00 5:30/6:00–8:00
Gym/Spin	18:00 – 19:00	18:00– 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	16:15 - 16:45 16:45 – 18:45	15:30 - 16:00 16:00 – 18:00		
2025CRANBROOK AQUATICS SWIMMING CLUB						