



## Open Sprint Squad Summer Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM	7:30 – 9:30				7:30 – 9:30	8:00 – 10:00
Gym/Dryland	18:00 – 19:00	17:00 – 18:00		18:00 – 19:00		
Swim PM		14:30 – 16:30	14:30 – 16:30	16:00 – 18:00		
2025CRANBROOK AQUATICS SWIMMING CLUB						