



Performance Squad Summer Timetable



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