



## Senior Emerging Squad Spring Holidays Timetable

(Monday 29/09 – Saturday 11/10) (No Squads Monday 06/10 – Labor Day)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM		6:00 – 7:30		6:00 – 7:30		6:30 – 8:00
Dryland- Gym-Spin	16:30 – 17:30					
Swim PM	15:00 – 16:30		15:00 – 16:30		15:00 – 16:30	

