



Senior Emerging Squad Summer Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM	5:45 – 7:30					5:30/6:00 – 8:00
Dryland-Gym-Spin		15:45 – 16:30			16:00 – 16:30	
Swim PM		16:30 – 18:00	16:00 – 17:30	17:30 – 19:00	16:30 – 18:00	
2025 CRANBROOK AQUATICS SWIMMING CLUB						

16:00 - 00