



## Senior Emerging Squad Summer Timetable



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