



## Performance Squad Summer Timetable



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