

Comox Valley Aquatic Club - SHARKS



P.O. Box 3542, Courtenay, V9N 6Z8 BC ✈ E-Mail: cvsharksheadcoach@gmail.com ✈ www.sharks.bc.ca

Sharks 2022/23 Squad Schedule Starting Tuesday October 11th All practices at Comox Valley Aquatic Centre

Squad 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
530-715 AM	700-800 AM Stronghearts	530-715 AM		530-715 AM	615-800 AM
	430-700 PM		430-700 PM	TBD	

Squad 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
530-715 AM	430-700 PM	530-715 AM	430-700 PM	530-715 AM	615-800 AM

Squad 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
455-615 PM	340-530 PM		340-530 PM	520-630 PM	730-900 AM

Squad 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
340-455 PM		340-455 PM		425-525 PM	730-900 AM

Squad 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
450-600 PM		450-600 PM			730-900 AM

Shark Fit (3rd workout can be arranged with a competitive group if requested)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
550-700 PM		550-700 PM			

Squad 7

Schedule A: Monday & Wednesday 3:40 – 4:40 PM
Schedule B: Tuesday & Thursday 4:30 – 5:30 PM

Squad 8

Schedule A: Monday & Wednesday 6:10 – 7:00 PM
Schedule C: Tuesday & Thursday 3:40 – 4:30 PM
Schedule D: Wednesday 4:45 – 5:35 PM & Friday 3:40 – 4:30 PM

Squad 9

Schedule A/B: Monday & Wednesday 5:00-5:50 PM
Schedule C/D: Tuesday & Thursday 4:20-5:10 PM
Schedule E: Wednesday 5:00 – 5:50 PM & Friday 3:40 – 4:30 PM

Mini Sharks

Schedule A/B: Monday & Wednesday 3:40 – 4:20 PM
Schedule C/D: Monday & Wednesday 4:20 – 5:00 PM
Schedule E/F: Tuesday & Thursday 3:40 – 4:20 PM
Schedule G: Monday & Wednesday 6:10 – 6:50 PM