

# Sharks 2024/25 Squad Schedule *(revised Sept 1)*

## Squad 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
545-720 AM	700-800 AM Stronghearts	545-720 AM		545-720 AM	600-800 AM
	430-700 PM	As needed	430-700 PM	445-630 PM	

## Squad 2 *(7<sup>th</sup> practice added for swimmers on Fri AM for returning swimmers to Squad 2)*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
545-720 AM	430-700 PM	545-720 AM	430-700 PM	445-630 PM	600-800 AM

## Squad 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
430-600 PM	600-730 AM	545-720 AM	500-700 PM	445-630 PM	600-800 AM

## Squad 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
335-450 PM	500-700 PM		600-730 AM	335-500 PM	730-900 AM

## Squad 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
335-455 PM		335-455 PM		335-455 PM	730-900 AM

## Squad 6

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

## Shark Fit *(3<sup>rd</sup> workout can be arranged with a competitive group if requested)*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
555-700 PM		555-700 PM			

## Squad 7 (choose Schedule A or B)

Schedule A:	Monday & Wednesday	6:00 - 7:00 PM
Schedule B:	Tuesday & Thursday	3:35 - 4:35 PM

## Squad 8 (choose Schedule A, B, or C)

Schedule A:	Monday & Wednesday	5:05 - 6:00 PM
Schedule B:	Tuesday & Thursday	3:35 - 4:30 PM
Schedule C:	Wednesday & Friday	3:40 - 4:35 PM
Schedule D:	Wednesday & Friday	4:35 - 5:30 PM

## Squad 9 (choose Schedule A, B, C or D)

Schedule A:	Monday & Wednesday	4:20 - 5:10 PM
Schedule B:	Tuesday & Thursday	3:35 - 4:25 PM
Schedule C:	Tuesday & Thursday	4:30 - 5:20 PM
Schedule D:	Wednesday & Friday	3:40 - 4:30 PM

## Mini Sharks (choose Schedule A, B, C or D)

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