

Comox Valley Aquatic Club - SHARKS

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

Sharks 2024/25 Squad Schedule

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 (7th 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	350-550 PM	545-720 AM	350-550 PM	445-630 PM	600-800 AM

Squad 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
335-450 PM	540-700 PM		540-700 PM	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 (3rd 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	3:00 – 4:00 PM

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

Schedule A:	Monday & Wednesday	5:05 – 6:00 PM
Schedule B:	Tuesday & Thursday	3:00 – 3:55 PM
Schedule C:	Wednesday & Friday	3:40 – 4:35 PM

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

Schedule A:	Monday & Wednesday	4:20 – 5:10 PM
Schedule B:	Tuesday & Thursday	3:00 – 3:50 PM
Schedule C:	Tuesday & Thursday	3:55 – 4:45 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	3:50 – 4:30 PM
Schedule C	Tuesday & Thursday	4:00 – 4:40 PM
Schedule D	Tuesday & Thursday	4:40 – 5:20 PM