
Comox Valley Aquatic Club - SHARKS

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



Sharks September 2021 Schedule

Squad 1/2

September 7-10

Tuesday Sept 7 th	4:30 – 6:00 PM
Wednesday Sept 8 th	4:30 – 6:00 PM
Thursday Sept 9 th	4:30 – 6:00 PM

September 13-18

Tuesday Sept 14 th	4:30 – 6:25 PM
Thursday Sept 16 th	4:30 – 6:25 PM
Saturday Sept 18 th	6:45 – 9:00 AM

September 20-25

Tuesday Sept 21 st	4:30 – 6:25 PM
Wednesday Sept 22 nd	5:30 – 7:15 AM
Thursday Sept 23 rd	4:30 – 6:25 PM
Saturday Sept 25 th	6:45 – 9:00 AM

September 27-30

Monday Sept 27 th	5:30 – 7:15 AM
Tuesday Sept 28 th	4:30 – 6:25 PM
Wednesday Sept 29 th	5:30 – 7:15 AM
Thursday Sept 30 th	4:30 – 6:25 PM

All practices at the Comox Valley Aquatic Centre

Fall Saturdays:

October 9th
October 30th
November 13th
November 27th

All Saturday practices at Comox Valley Aquatic Centre all season

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Sharks September 2021 Schedule

Squad 3

September 7-10

Tuesday Sept 7 th	3:35 – 4:45 PM
Wednesday Sept 8 th	3:35 – 4:45 PM
Thursday Sept 9 th	3:35 – 4:45 PM

September 13-18

Tuesday Sept 14 th	3:35 – 5:30 PM
Thursday Sept 16 th	3:35 – 5:30 PM
Saturday Sept 18 th	6:45 – 9:00 AM

September 20-25

Tuesday Sept 21 st	3:35 – 5:30 PM
Wednesday Sept 22 nd	5:30 – 7:15 AM
Thursday Sept 23 rd	3:35 – 5:30 PM
Saturday Sept 25 th	6:45 – 9:00 AM

September 27-30

Monday Sept 27 th	4:50 – 6:25 PM
Tuesday Sept 28 th	3:35 – 5:30 PM
Wednesday Sept 29 th	5:30 – 7:15 AM
Thursday Sept 30 th	3:35 – 5:30 PM

All practices at the Comox Valley Aquatic Centre

Fall Saturdays:

October 9th
October 30th
November 13th
November 27th

All Saturday practices at Comox Valley Aquatic Centre all season

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Sharks September 2021 Schedule

Squad 5

September 7-10

Tuesday Sept 7 th	3:35 – 4:55 PM
Wednesday Sept 8 th	3:35 – 4:55 PM
Thursday Sept 9 th	3:35 – 4:55 PM

September 13-17

Monday Sept 13 th	3:35 – 4:50 PM
Wednesday Sept 15 th	3:35 – 4:35 PM
Friday Sept 17 th	3:35 – 5:15 PM

September 20-24

Monday Sept 20 th	3:35 – 4:50 PM
Wednesday Sept 22 nd	3:35 – 4:35 PM
Friday Sept 24 th	3:35 – 5:15 PM

September 27-30

Monday Sept 27 th	3:35 – 4:50 PM
Wednesday Sept 29 th	3:35 – 4:35 PM

All practices at the Comox Valley Aquatic Centre during September

Fall Saturdays:

October 9th
October 23rd
November 6th
November 20th

All Saturday practices at Comox Valley Aquatic Centre all season

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Sharks September 2021 Schedule

Squad 6

All of September

Monday	3:35 – 4:35 PM
Wednesday	3:35 – 4:50 PM

All practices at the Comox Valley Aquatic Centre during September

Fall Saturdays:

October 9th
October 23rd
November 6th
November 20th

All Saturday practices at Comox Valley Aquatic Centre all season

Squad 7

All of September

Group A	M/W	4:25 – 5:20 PM
Group B	T/Th	4:20 – 5:15 PM
Group C	M/W	5:20 – 6:15 PM

All practices at the Comox Valley Aquatic Centre during September

Squad 8

All of September

Group A	M/W	5:30 – 6:25 PM
Group B	T/Th	3:35 – 4:30 PM
Group C	W/F	4:40-5:35 PM/3:30-4:30 PM

All practices at the Comox Valley Aquatic Centre during September

No practice Friday October 1st

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Sharks September 2021 Schedule

Squad 9

All of September

Group A	T/Th	3:35 – 4:25 PM
Group B	T/Th	4:30 – 5:20 PM
Group C	W/F	5:35 – 6:25 PM/4:15-5:05 PM

All practices at the Comox Valley Aquatic Centre during September

No practice Friday October 1st

Shark Fit

All of September

Group A	M/W	4:20 – 5:30 PM
Group B	M/W	5:15 – 6:25 PM

All practices at the Comox Valley Aquatic Centre during September

Mini-Sharks

All of September

Group A	F	3:40 – 4:20 PM
Group B	F	3:40 – 4:20 PM
Group C	F	4:25 – 5:05 PM
Group D	F	4:35 – 5:15 PM

All practices at the Comox Valley Aquatic Centre during September

No practice Friday October 1st