

# Comox Valley Aquatic Club - SHARKS

P.O. Box 3542, Courtenay, V9N 6Z8 BC E-Mail: [cvsharksheadcoach@gmail.com](mailto:cvsharksheadcoach@gmail.com) www.sharks.bc.ca



## Sharks April 8<sup>th</sup> – 13<sup>th</sup> Training Schedule

### All practices as Comox Valley Aquatic Centre

(groups will meet at the far corner of the pool at the below designated start times)

### Squad 1&2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
550-715 AM	700-800 AM Stronghearts	550-715 AM		550-715 AM	600-800 AM
	430-615 PM		430-615 PM	400-600 PM	

### Squad 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
410-510 PM	350-510 PM	550-715 AM	350-510 PM	400-600 PM	600-800 AM

### Squad 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
320-420 PM	500-615 PM		500-615 PM	400-600 PM	730-900 AM

### Squad 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
320-420 PM		400-500 PM		320-420 PM	730-900 AM

### Squad 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
410-510 PM		410-510 PM			730-900 AM

### Shark Fit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
500-600 PM		500-600 PM			

### Squad 7

Monday & Wednesday 5:05 - 6:00 PM  
 Tuesday & Thursday 5:05 - 6:00 PM

### Squad 8

Monday & Wednesday 4:25 - 5:10 PM  
 Tuesday & Thursday 4:25 - 5:10 PM  
 Wednesday & Friday 3:25 - 4:10 PM

### Squad 9

Monday & Wednesday 3:55 - 4:30 PM  
 Tuesday & Thursday 3:25 - 4:00 PM  
 Wednesday & Friday 3:25 - 4:00 PM

### Mini Sharks

Monday & Wednesday 3:25 - 4:00 PM  
 Tues & Thurs (3:35 group) 3:25 - 4:00 PM  
 Tues & Thurs (4:25 group) 3:55 - 4:30 PM