

Comox Valley Aquatic Club - SHARKS

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



Sharks 2021/22 Squad Schedule

Squad 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
530-710 AM	700-800 AM Stronghearts	530-710 AM		530-710 AM	700-900 AM (twice/ month)
	440-645 PM	500-645 PM (twice/month)	440-645 PM	500-645 PM	

Squad 2 (7th practice added for swimmers on Fri AM for returning swimmers to Squad 2)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
530-710 AM	430-645 PM	530-710 AM	430-645 PM	500-645 PM	700-900 AM twice/month

Squad 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
500-645 PM	335-530 PM	530-710 AM	335-530 PM	500-645 PM	700-900 AM twice/month

Squad 4/5 (When ready swimmers will be invited to join in with a Squad 3 Tues practice)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
335-500 PM		335-445 PM		335-515 PM	700-900 AM twice/month

Squad 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
335-445 PM		335-500 PM			700-900 AM twice/month

Shark Fit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A: 430-545 PM B: 530-645 PM		A: 430-545 PM B: 530-645 PM			

Squad 7 (choose Schedule B, or C)

Schedule B: Tuesday & Thursday 4:30 – 5:30 PM

Schedule C: Monday & Wednesday 5:35 – 6:35 PM

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

Schedule A: Monday & Wednesday 5:45 – 6:45 PM

Schedule B: Tuesday & Thursday 3:35 – 4:35 PM

Schedule C: Wednesday 4:50 – 5:50 PM & Friday 3:20 – 4:20 PM

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

Schedule A: Tuesday & Thursday 3:35 – 4:30 PM

Schedule B: Tuesday & Thursday 4:35 – 5:30 PM

Schedule C: Wednesday 5:50 – 6:45 PM & Friday 4:20 – 5:15 PM

Schedule D: Monday & Wednesday 4:50 – 5:45 PM

Schedule E: Monday & Wednesday 4:35 – 5:30 PM

Mini Sharks (choose Schedule A, B or C)

Schedule A/B: Friday 3:15 – 3:55 PM Schedule G: Monday 3:50-4:30

Schedule C/D: Friday 3:55 – 4:35 PM Schedule H: Wednesday 3:50-4:30

Schedule E/F: Friday 4:35 – 5:15 PM