

Comox Valley Aquatic Club - SHARKS

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



Sharks 2022/23 Squad Schedule

Squad 1

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|----------------------------|------------|------------|------------|------------------------------|
| 545-730 AM | 700-800 AM Stronghearts | 545-730 AM | | 545-730 AM | 700-900 AM (twice/ month) |
| 445-630 PM Aquatic Centre | 430-700 PM | | 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 |
|------------|------------|------------|------------|------------|---------------------------|
| 545-730 AM | 430-700 PM | 545-730 AM | 430-700 PM | 445-630 PM | 700-900 AM twice/month |

Squad 4

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|------------|-----------|------------|------------|-------------------------|
| 430-600 PM | 345-530 PM | | 345-530 PM | 330-500 PM | 700-900 AM 1-2/month |

Squad 5

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|---------|------------|----------|------------|-------------------------|
| 330-455 PM | | 330-455 PM | | 330-500 PM | 700-900 AM 1-2/month |

Squad 6

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|---------|------------|----------|--------|-------------------------|
| 445-600 PM | | 445-600 PM | | | 700-900 AM 1-2/month |

Shark Fit (3rd workout can be arranged with a competitive group if requested)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|---------|------------|----------|--------|----------|
| 550-700 PM | | 550-700 PM | | | |

Squad 7 (choose Schedule A or B)

Schedule A: Monday & Wednesday 3:30 – 4:35 PM

Schedule B: Tuesday & Thursday 4:25 – 5:30 PM

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

Schedule A/B: Monday & Wednesday 5:55 – 6:55 PM

Schedule C: Tuesday & Thursday 3:30 – 4:30 PM

Schedule D: Wednesday 5:00-6:00 PM & Friday 3:45 – 4:45 PM

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

Schedule A/B: Monday & Wednesday 5:00-5:55 PM

Schedule C/D: Tuesday & Thursday 4:25-5:20 PM

Schedule E: Wednesday 5:00 – 5:55 PM & Friday 3:45 – 4:40 PM

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

Schedule A/B: Monday & Wednesday 3:40 – 4:20 PM

Schedule C/D: Monday & Wednesday 4:20 – 5:00 PM

Schedule E/F: Tuesday & Thursday 3:40 – 4:20 PM