

Comox Valley Aquatic Club - SHARKS

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



Sharks 2023/24 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
440-600 PM	340-530 PM	545-720 AM	340-530 PM	335-500 PM	600-800 AM

Squad 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
335-450 PM	340-530 PM		340-530 PM	335-500 PM	730-900 AM

Squad 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
335-455 PM		335-455 PM		425-545 PM	730-900 AM

Squad 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
445-600 PM		445-600 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 5:05 – 6:05 PM

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

Schedule A: Monday & Wednesday 5:05 – 6:00 PM

Schedule B: Tuesday & Thursday 6:05 – 7:00 PM

Schedule C: Wednesday & Friday 3:35 – 4:30 PM

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

Schedule A/B: Monday & Wednesday 4:15 – 5:05 PM

Schedule C/D: Tuesday & Thursday 3:35 – 4:25 PM

Schedule E: Wednesday & Friday 3:35 – 4:25 PM

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

Schedule A/B: Monday & Wednesday 3:35 – 4:15 PM

Schedule C/D/E/F: Tuesday & Thursday 3:35 – 4:15 PM

Schedule G/H: Tuesday & Thursday 4:25 – 5:05 PM