

# Sharks 2025/26 Squad Schedule

## Squad 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
545-730 AM	700-800 AM Stronghearts	545-720 AM		545-720 AM	600-800 AM
	440-700 PM		440-700 PM	315-415 PM Stronghearts	

## Squad 2 (7<sup>th</sup> 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	545-720 AM	430-700 PM	315-415 PM Stronghearts	600-800 AM

## Squad 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
335-500 PM	330-530 PM	545-720 AM	330-530 PM	335-515 PM	600-800 AM

## Squad 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
450-605 PM	330-530 PM		330-530 PM	335-515 PM	730-900 AM

## Squad 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
500-605 PM		500-605 PM		500-615 PM	730-900 AM

## Squad 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
600-700 PM		600-700 PM			730-900 AM

## Shark Fit (3<sup>rd</sup> workout can be arranged with a competitive group if requested)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
600-700 PM		600-700 PM			

### **Squad 7** (choose Schedule A or B)

Schedule A:	Monday & Wednesday	3:40-4:35 PM
Schedule B:	Tuesday & Thursday	3:25-4:20 PM

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

Schedule A:	Monday & Wednesday	4:35-5:25 PM
Schedule B:	Tuesday & Thursday	3:25-4:15 PM
Schedule C:	Tuesday & Thursday	4:10-5:00 PM
Schedule D:	Wednesday & Friday	3:40-4:30 PM

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

Schedule A:	Monday & Wednesday	3:40-4:25 PM
Schedule B:	Monday & Wednesday	5:25-6:10 PM
Schedule C:	Tuesday & Thursday	3:25-4:10 PM
Schedule D:	Monday & Friday	5:25-6:10 PM
Schedule E:	Wednesday & Friday	4:30-5:15 PM
Schedule F:	Wednesday & Friday	5:25-6:10 PM

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

Schedule A	Monday & Wednesday	4:25-5:05 PM
Schedule B	Tuesday & Thursday	5:00-5:40 PM
Schedule C	Tuesday & Thursday	5:40-6:20 PM
Schedule D	Tuesday & Thursday	6:20-7:00 PM
Schedule E	Wednesday & Friday	5:15-5:55 PM