

Comox Valley Aquatic Club - SHARKS

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



2026/27 Sharks Training Schedule

SENIOR PERFORMANCE 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
545-730 AM	700-800 AM Stronghearts	545-720 AM		545-720 AM	545-800 AM
	440-700 PM		440-700 PM	445-630 PM	

SENIOR PERFORMANCE 1 (7th practice for swimmers on Fri AM for returning swimmers to SP1)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
545-730 AM	440-700 PM	545-720 AM	440-700 PM	445-630 PM	545-800 AM

JUNIOR PERFORMANCE 2

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

JUNIOR PERFORMANCE 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
450-605 PM	330-530 PM		330-530 PM	335-500 PM	545-800 AM

PERFORMANCE DEVELOPMENT 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
440-555 PM		440-555 PM	545-700 PM		800-900 AM

PERFORMANCE DEVELOPMENT 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
600-700 PM		600-700 PM			800-900 AM

"In Pursuit of Personal Excellence"

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JUNIOR DEVELOPMENT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	445-555 PM		445-555 PM		800-900 AM

SENIOR DEVELOPMENT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	445-555 PM		445-555 PM		800-900 AM

SHARK FIT (3RD workout can be arranged with a competitive group if requested)

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

COMPETITIVE DEVELOPMENT

SWIMMERS BORN 2014 OR LATER (choose schedule A or B)

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

TIGER SHARKS

SWIMMERS BORN 2016 OR LATER (choose schedule A or B)

Schedule A	Monday & Wednesday	3:40-4:30 PM
Schedule B	Tuesday & Thursday	3:25-4:15 PM



SWIMMERS BORN 2013-2015 (choose schedule C)

Schedule C	Wednesday & Friday	5:05-5:55 PM
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LEOPARD SHARKS

SWIMMERS BORN 2016 OR LATER (choose schedule A or B)

Schedule A	Monday & Wednesday	4:30-5:15 PM
Schedule B	Tuesday/Thursday	3:25-4:10 PM



SWIMMERS BORN 2014-2015 (choose schedule C)

Schedule C	Wednesday/Friday	4:20-5:05 PM
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MAKO SHARKS

SWIMMERS BORN 2016 OR LATER (choose schedule A, B or C)

Schedule A	Monday & Wednesday	5:15-5:55 PM
Schedule B	Tuesday & Thursday	4:10-4:50 PM
Schedule C	Wednesday & Friday	3:40-4:20 PM



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