



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Dec	2-Dec	3-Dec
				Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Sparks IMX/IMR Swim Meet No Training	Sparks IMX/IMR Swim Meet No Training
4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec
Sparks IMX/IMR Swim Meet	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
11-Dec	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
18-Dec	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:30pm Silver: 5:00-6:30pm Gold: 5:00-6:30pm SR I & II: 5:00-6:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	X-Mas Eve No Training
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
	Bronze: 5:00-6:00pm Silver: 5:00-6:00pm Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:00-6:00pm Silver: 5:00-6:00pm Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I & II: 3:00-5:00pm	Bronze: 5:00-6:00pm Silver: 5:00-6:00pm Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:00-6:00pm Silver: 5:00-6:00pm Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I & II: 3:00-5:00pm	Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Gold: 7:00-8:30am SR I & II: 7:00-8:30am



Tigersharks Training Schedule

BRONZE SQUAD

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Dec	2-Dec	3-Dec
				Bronze: 5:30-6:30pm	Sparks IMX/IMR Swim Meet No Training	Sparks IMX/IMR Swim Meet No Training
4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec
Sparks IMX/IMR Swim Meet		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
11-Dec	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
18-Dec	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
		Bronze: 5:30-6:30pm	Bronze: 5:00-6:30pm Tigersharks Holiday Party	Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
	Bronze: 5:00-6:00pm	Bronze: 5:00-6:00pm	Bronze: 5:00-6:00pm	Bronze: 5-6:30pm	NO TRAINING	



Tigersharks Training Schedule

SILVER SQUAD

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Dec	2-Dec	3-Dec
					Sparks IMX/IMR Swim Meet No Training	Sparks IMX/IMR Swim Meet No Training
4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec
Sparks IMX/IMR Swim Meet	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
11-Dec	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
18-Dec	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
	Silver: 5:00-6:00pm		Silver: 5:00-6:30pm Tigersharks Holiday Party	Silver: 5:00-6:00pm	Silver: 5:30-7:00pm	X-Mas Eve No Training
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
	Silver: 5:00-6:00pm	Silver: 5:00-6:00pm	Silver: 5:00-6:00pm	Silver: 5-6:30pm	NO TRAINING	New Year's Eve No Training



Tigersharks Training Schedule

SENIOR SQUAD

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Dec	2-Dec	3-Dec
				SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Sparks IMX/IMR Swim Meet No Training	Sparks IMX/IMR Swim Meet No Training
4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec
Sparks IMX/IMR Swim Meet	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
11-Dec	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
18-Dec	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 5:00-6:30pm Tigersharks Holiday Party	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00am	X-Mas Eve No Training
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am SR I & II: 3:00-5:00pm	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am SR I & II: 3:00-5:00pm	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am



Tigersharks Training Schedule

MASTERS Squad

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Dec	2-Dec	3-Dec
					5:45 - 7:00 AM	5:30-7:00 AM
4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM
11-Dec	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM
18-Dec	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
	7:00-8:30 AM Bonus Training		5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM



Tigersharks Training Schedule

General Winter Training Schedule

November 28, 2022 - February 25, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am