



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
XMAS DAY	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
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
NEW YEAR'S DAY	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
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
	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	NO TRAINING Blizzard Blast Swim Meet	NO TRAINING Blizzard Blast Swim Meet
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
Blizzard Blast Swim Meet	NO TRAINING MLK Jr. Day	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
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
	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
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb
	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



Tigersharks Training Schedule

BRONZE SQUAD

JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
XMAS DAY	Bronze: 5:00-6:00pm	Bronze: 5:00-6:00pm	Bronze: 5:00-6:00pm	Bronze: 5:00-6:00pm		
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
NEW YEAR'S DAY	Bronze: 5:00-6:00pm	Bronze: 5:00-6:00pm	Bronze: 5:00-6:00pm	Bronze: 5:00-6:00pm		
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	NO TRAINING Blizzard Blast Swim Meet	NO TRAINING Blizzard Blast Swim Meet
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
Blizzard Blast Swim Meet	NO TRAINING MLK Jr. Day	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	



Tigersharks Training Schedule

SILVER SQUAD

JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
XMAS DAY	Silver: 5:00-6:00pm	Silver: 5:00-6:00pm	Silver: 5:00-6:00pm	Silver: 5:00-6:00pm		
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
NEW YEAR'S DAY	Silver: 5:00-6:00pm	Silver: 5:00-6:00pm	Silver: 5:00-6:00pm	Silver: 5:00-6:00pm		
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		NO TRAINING Blizzard Blast Swim Meet	NO TRAINING Blizzard Blast Swim Meet
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
Blizzard Blast Swim Meet	NO TRAINING MLK Jr. Day		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am



Tigersharks Training Schedule

SENIOR SQUAD

JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
XMAS DAY	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
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
NEW YEAR'S DAY	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
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
	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	NO TRAINING Blizzard Blast Swim Meet	NO TRAINING Blizzard Blast Swim Meet
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
Blizzard Blast Swim Meet	NO TRAINING MLK Jr. Day	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
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
	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
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb
	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



Tigersharks Training Schedule

MASTERS Squad

JANUARY 2023

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