



## 2020 GENERAL WINTER TRAINING SCHEDULE

### Winter Shark League

Monday January 6 - Friday March 13

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SENIOR LEAGUE	5:35-6:30pm		5:35-6:30pm			
JUNIOR LEAGUE OPT #1	4:35-5:30pm		4:35-5:30pm			
JUNIOR LEAGUE OPT #2	5:35-6:30pm		5:35-6:30pm			
JUNIOR LEAGUE OPT #3		4:35-5:30pm		4:35-5:30pm		
JUNIOR LEAGUE OPT #4		5:35-6:30pm		5:35-6:30pm		

Tigersharks Junior League is designed for swimmers aged 5-12 years old, and up to 14 years old.

Tigersharks Senior League is for swimmers aged 12-17 years old.



### Tigersharks Club

January 6 - March 30, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BRONZE: 10 & Unders	4:30-5:30pm		4:30-5:30pm		4:30-5:30pm	7:30-9:00am
BRONZE: 11 & Overs	5:30-6:30pm		5:30-6:30pm			
SILVER SQUAD		4:00-5:30pm		4:00-5:30pm	4:30-6:30pm	7:30-9:00am
GOLD SQUAD	5:00-6:30pm	5:00-6:30pm	4:30-6:30pm	5:00-6:30pm	4:30-6:30pm	7:00-9:00am
SENIOR II	3:00-4:30pm	3:00-5:00pm	3:00-4:30pm	3:00-5:00pm	5:30-7:00am	7:00-9:00am
SENIOR I	5:30-7:00am				5:30-7:00am	7:00-10:00am
	3:00-4:30pm	3:00-5:00pm	2:30-4:30pm	3:00-5:00pm	3:00-4:30pm	
MASTERS SQUAD	5:45-7:00am		5:45-7:00am		5:45-7:00am	7:00-9:00am
	5:30-6:30pm					