

# August 2014 - Sharks Practice Schedule

Swim		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	AM		ER 7:00-9:00	ER 7:00-9:00		ER 7:00 - 9:00		
August 4 - August 10	PM	4:45 - 6:15	4:45 - 6:15	4:45 - 6:15	4:45 - 6:15	4:45 - 6:15		
	AM		7:00-9:00	7:00-9:00				
August 11 - August 17	PM	4:45 - 6:15	4:45 - 6:15	4:45 - 6:15	Provincials	Provincials	Provincials	Provincials

Water Polo U12		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
August 4 - August 10		7:00 pm - 8:15 pm CCAC		7:00 am - 9:00 am		7:00 am - 9:00 am	CCAC 5:45 pm - 7:00 pm	
August 11 - August 17		Provincials	Provincials	Provincials				

Water Polo U14		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
August 4 - August 10		8:15 - 9:30	7:45 pm - 9:00 pm CCAC		7:45 pm - 9:00 pm CCAC		CCAC 6:45 pm - 8:00 pm	
August 11 - August 17		Provincials	Provincials	Provincials				

Water Polo U16/U18		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
August 4 - August 10		CCAC 8:45 pm - 10:00 pm	CCAC 8:45 pm - 10:00 pm		CCAC 8:45 pm - 10:00 pm		CCAC 7:45 pm - 9:00 pm	
August 11 - August 17		Provincials	Provincials	Provincials				

Diving Senior		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
August 4 - August 10	AM	7:00 - 10:00	ER 7:00-9:00	ER 7:00-9:00	ER 7:00-9:00	ER 7:00-9:00		
August 11 - August 17	AM	7:00 - 9:00 ER		Provincials	Provincials			

Synchro Team		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
August 4 - August 10		7 am - 10 am	CCAC 5 pm - 8 pm	CCAC 6 pm - 8 pm	6 am - 9 am			
August 11 - August 17		6 am - 9 am	CCAC 5 pm - 8 pm	Provincials	Provincials			

Synchro DUET		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
August 4 - August 10		7 am - 9 am	7:00 am - 9:00 am					
August 11 - August 17		Duets are combined with	Team for this week	Provincials	Provincials			

ER = Eagle Ridge Pool, CCAC = City Centre Aquatic Centre, All other practices at Spani Pool