

**Tigersharks Short Course Practice Schedule
2025-2026**

Tigershark Division at Powel Crosley, Jr. YMCA

Masters

M-F 6:00 a.m. – 7:00 a.m.

Sat 7:00 a.m. – 8:00 a.m.

Levels V & VI, VII – Starts on September 9

M-F 3:30 p.m. – 5:30 p.m.

Sat 7:00 a.m. – 10:00 a.m. Dryland Included

Level IV – Starts on September 9

M-F 3:30 p.m. – 5:30 p.m.

Sat 9:30 a.m. – 11:30 a.m. Dryland Included

Level III – Starts on September 9

M-Th 5:30 p.m. – 7:00 p.m.

Fri 5:30 p.m. – 6:30 p.m.

M&W Dryland 5:00 p.m. – 5:30 p.m.

Sat 9:30 a.m. – 11:30 a.m. Dryland Included

Level II – Starts on September 15

M-F 5:30 p.m. – 6:30 p.m.

Level I – Starts on September 15

M-F 5:30 p.m. – 6:30 p.m.

Sandsharks

M & W 6:15 p.m. – 7:00 p.m.

T & Th 6:15 p.m. – 7:00 p.m.

Gator Division at Gamble Nippert YMCA

Levels IV/V – Starts on September 9

Monday at PCY 3:30 p.m. – 5:30 p.m.

T, W, Th, F

In Water 3:30 p.m. – 5:00 p.m.

Sat @ PCY 7:00 a.m. – 10:00 a.m.-Lvl V Dryland Included

Sat @ PCY 9:30 a.m. – 11:30 a.m.-Lvl IV Dryland Included

Levels III – Starts on September 9

M, T, W, Th 5:00 p.m. – 6:00 p.m.

Friday 3:30 p.m. -5:00 p.m.

Sat @ PCY 9:30 a.m. – 11:30 a.m. Dryland Included

Levels II – Starts on September 15

M, T, W, Th 5:00 p.m. – 6:00 p.m.

Level I – Starts on September 15

M, T, W, Th 6:00 p.m. – 7:00 p.m.

Clippard Division at Clippard YMCA

Sandsharks

M & F 6:00 p.m. – 6:45 p.m.