



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
	Bronze: 5:00-6:00pm Silver: 7:30-9:00am Gold: 5:30-7:00pm SR I & II: swim + CF/yoga 6-7:15am + 7:40-8:40am	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 5:00-6:30pm SR I & II: 3:15-4:45pm SR I: 2:30-4:15pm	Silver: 8:00-9:00am Gold: 5:30-7:00pm SR I & II: 3:15-4:45pm	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 5:00-6:30pm SR I & II: swim + CF/yoga 6-7:15am + 7:40-8:40am SR I: 2:30-4:15pm	INDEPENDENCE DAY HOLIDAY NO TRAINING	Gold: 7:00-8:30am SR I & II: 7:00-8:30am
6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul
	Bronze: 5:00-6:00pm Silver: 7:30-9:00am Gold: 7:00-9:00am SR I & II: swim + CF/yoga 6-7:15am + 7:40-8:40am	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I: 2:30-4:15pm	Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: swim + CF/yoga 6-7:15am + 7:40-8:40am SR I: 2:30-4:15pm	Bronze: 5:00-6:00pm Gold: 7:00-9:00am SR I & II: 7:00-9:00am	NNA MEET(S) (at Moana Springs) NO TRAINING
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
NNA MEET(S) (at Moana Springs) NO TRAINING	Bronze: 5:00-6:00pm Silver: 7:30-9:00am Gold: 7:00-9:00am SR I & II: swim 6-7:15am	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I: 3:15-4:15pm	Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am CCS AGC meet starts	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I: 3:15-4:15pm	Gold: 7:00-9:00am SR I & II: 7:00-9:00am	Gold: 7:00-8:30am SR I & II: 7:00-8:30am
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
CCS AGC meet ends	Bronze: 5:00-6:00pm Silver: 7:30-9:00am Gold: 7:00-9:00am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am WZ athletes: 3:15-4:30	Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am WZ athletes: 3:15-4:30	Gold: 7:00-9:00am SR I & II: 7:00-9:00am	Gold: 7:00-8:30am SR I & II: 7:00-8:30am
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
	Bronze: 5:00-6:00pm Silver: 7:30-9:00am Gold: 7:00-9:00am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am WZ SR CHAMPS starts	Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:00-9:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	DDST HIGH COUNTRY MEET NO TRAINING	DDST HIGH COUNTRY MEET NO TRAINING WZ SR CHAMPS ends

*Silver, Gold groups also have "commuter" option w/ Bronze M, Tu, Th



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Bronze Squad

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
	Bronze: 5:00-6:00pm	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	INDEPENDENCE DAY HOLIDAY NO TRAINING	
6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul
	Bronze: 5:00-6:00pm	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm		NNA MEET(S) (at Moana Springs) NO TRAINING
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
NNA MEET(S) (at Moana Springs) NO TRAINING	Bronze: 5:00-6:00pm	Bronze: 5:30-6:30pm	CCS AGC meet starts	Bronze: 5:30-6:30pm		
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
CCS AGC meet ends	Bronze: 5:00-6:00pm	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm		
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
	Bronze: 5:00-6:00pm	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	DDST HIGH COUNTRY MEET NO TRAINING	DDST HIGH COUNTRY MEET NO TRAINING
		WZ SR CHAMPS starts				WZ SR CHAMPS ends



Tigersharks Training Schedule

Scroll Through For Your Squad

SILVER Squad

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
	Silver: 7:30-9:00am	Silver: 8:00-9:00am	Silver: 8:00-9:00am	Silver: 8:00-9:00am	HOLIDAY NO TRAINING	
6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul
	Silver: 7:30-9:00am	Silver: 8:00-9:00am	Silver: 8:00-9:00am	Silver: 8:00-9:00am		NNA MEET(S) (at Moana Springs) NO TRAINING
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
NNA MEET(S) (at Moana Springs) NO TRAINING	Silver: 7:30-9:00am	Silver: 8:00-9:00am	Silver: 8:00-9:00am CCS AGC meet starts	Silver: 8:00-9:00am		
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
CCS AGC meet ends	Silver: 7:30-9:00am	Silver: 8:00-9:00am	Silver: 8:00-9:00am	Silver: 8:00-9:00am		
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
	Silver: 7:30-9:00am	Silver: 8:00-9:00am WZ SR CHAMPS starts	Silver: 8:00-9:00am	Silver: 8:00-9:00am	DDST HIGH COUNTRY MEET NO TRAINING	DDST HIGH COUNTRY MEET NO TRAINING WZ SR CHAMPS ends

*Silver, Gold groups also have "commuter" option w/ Bronze M, Tu, Th



Tigersharks Training Schedule

Scroll Through For Your Squad

Gold Squad

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	INDEPENDENCE DAY HOLIDAY NO TRAINING	Gold: 7:00-8:30am
6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul
	Gold: 7:00-9:00am	Gold: 7:00-8:30am	Gold: 7:00-8:30am	Gold: 7:00-8:30am	Gold: 7:00-9:00am	NNA MEET(S) (at Moana Springs) NO TRAINING
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
NNA MEET(S) (at Moana Springs) NO TRAINING	Gold: 7:00-9:00am	Gold: 7:00-8:30am	Gold: 7:00-8:30am CCS AGC meet starts	Gold: 7:00-8:30am	Gold: 7:00-9:00am	Gold: 7:00-8:30am
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
CCS AGC meet ends	Gold: 7:00-9:00am	Gold: 7:00-8:30am	Gold: 7:00-8:30am	Gold: 7:00-8:30am	Gold: 7:00-9:00am	Gold: 7:00-8:30am
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
	Gold: 7:00-9:00am	Gold: 7:00-8:30am WZ SR CHAMPS starts	Gold: 7:00-8:30am	Gold: 7:00-8:30am	DDST HIGH COUNTRY MEET NO TRAINING	DDST HIGH COUNTRY MEET NO TRAINING WZ SR CHAMPS ends

*Silver, Gold groups also have "commuter" option w/ Bronze M, Tu, Th



Tigersharks Training Schedule

Scroll Through For Your Squad

Senior Squads

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
	SR I & II: swim + CF/yoga 6-7:15am + 7:40-8:40am	SR I & II: 3:15-4:45pm SR I: 2:30-4:15pm	SR I & II: 3:15-4:45pm	SR I & II: swim + CF/yoga 6-7:15am + 7:40-8:40am SR I: 2:30-4:15pm	INDEPENDENCE DAY HOLIDAY NO TRAINING	SR I & II: 7:00-8:30am
6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul
	SR I & II: swim + CF/yoga 6-7:15am + 7:40-8:40am	SR I & II: 7:00-8:30am SR I: 2:30-4:15pm	SR I & II: 7:00-8:30am	SR I & II: swim + CF/yoga 6-7:15am + 7:40-8:40am SR I: 2:30-4:15pm	SR I & II: 7:00-9:00am	NNA MEET(S) (at Moana Springs) NO TRAINING
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
NNA MEET(S) (at Moana Springs) NO TRAINING	SR I & II: swim 6-7:15am	SR I & II: 7:00-8:30am SR I: 2:30-4:15pm	SR I & II: 7:00-8:30am CCS AGC meet starts	SR I & II: 7:00-8:30am SR I: 2:30-4:15pm	SR I & II: 7:00-9:00am	SR I & II: 7:00-8:30am
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
CCS AGC meet ends	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am WZ athletes: 3:15-4:30	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am WZ athletes: 3:15-4:30	SR I & II: 7:00-9:00am	SR I & II: 7:00-8:30am
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am WZ SR CHAMPS starts	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am	DDST HIGH COUNTRY MEET NO TRAINING	DDST HIGH COUNTRY MEET NO TRAINING WZ SR CHAMPS ends

*Silver, Gold groups also have "commuter" option w/ Bronze M, Tu, Th