



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:15-5:00pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:15-5:00pm SR I wts: No weights	NEVADA STATE CHAMPIONSHIPS SWIM MEET Travel Day No Training	NEVADA STATE CHAMPIONSHIPS SWIM MEET No Training
9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
NEVADA STATE CHAMPIONSHIPS SWIM MEET No Training	NEVADA STATE CHAMPIONSHIPS SWIM MEET No Training	NEVADA STATE CHAMPIONSHIPS SWIM MEET No Training	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:15-5:00pm 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: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30pm
16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:15-5:00pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:15-5:00pm 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: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30pm
23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-5:00pm	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:15-5:00pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-5:00pm	Bronze: 7:30-8:30 Silver: 7:30-8:30 Gold: 7:00-8:30 SR I & II: 7:00-8:30 THANKSGIVING DAY WORKOUT	NO TRAINING NATIVE AMERICAN HERITAGE DAY	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30pm
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-5:00pm POOL	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:15-5:00pm SR I wts: 2:30-3:00pm MAY	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-5:00pm BE CLOSED	Bronze: 5:30-6:30pm Gold: 5:00-6:30pm SR I & II: 3:15-5:00pm SR I wts: No weights FOR	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am PLUMBING REPAIR	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30pm AND MAINTENANCE



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Bronze Squad

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	NEVADA STATE CHAMPIONSHIPS SWIM MEET Travel Day	NEVADA STATE CHAMPIONSHIPS SWIM MEET
					No Training	No Training
9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
NEVADA STATE CHAMPIONSHIPS SWIM MEET	NEVADA STATE CHAMPIONSHIPS SWIM MEET	NEVADA STATE CHAMPIONSHIPS SWIM MEET		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
No Training	No Training	No Training				
16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
		Bronze: 5:30-6:30pm		Bronze: 7:30-8:30 Silver: 7:30-8:30 Gold: 7:00-8:30 SR I & II: 7:00-8:30 THANKSGIVING DAY WORKOUT	NO TRAINING NATIVE AMERICAN HERITAGE DAY	
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30pm
	POOL	MAY	BE CLOSED	FOR	PLUMBING REPAIR	AND MAINTENANCE



Tigersharks Training Schedule

Scroll Through For Your Squad

Silver Squad

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		NEVADA STATE CHAMPIONSHIPS SWIM MEET Travel Day	NEVADA STATE CHAMPIONSHIPS SWIM MEET
					No Training	No Training
9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
NEVADA STATE CHAMPIONSHIPS SWIM MEET	NEVADA STATE CHAMPIONSHIPS SWIM MEET	NEVADA STATE CHAMPIONSHIPS SWIM MEET	Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
No Training	No Training	No Training				
16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm	Silver: 7:30-8:30 THANKSGIVING DAY WORKOUT	NO TRAINING NATIVE AMERICAN HERITAGE DAY	Silver: 7:30-8:30am
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
	POOL	MAY	BE CLOSED	FOR	PLUMBING REPAIR	AND MAINTENANCE



Tigersharks Training Schedule

Scroll Through For Your Squad

Gold Squad

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	NEVADA STATE CHAMPIONSHIPS SWIM MEET Travel Day	NEVADA STATE CHAMPIONSHIPS SWIM MEET
					No Training	No Training
9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
NEVADA STATE CHAMPIONSHIPS SWIM MEET	NEVADA STATE CHAMPIONSHIPS SWIM MEET	NEVADA STATE CHAMPIONSHIPS SWIM MEET	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
No Training	No Training	No Training				
16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Bronze: 7:30-8:30 Silver: 7:30-8:30 Gold: 7:00-8:30 SR I & II: 7:00-8:30 THANKSGIVING DAY WORKOUT	NO TRAINING NATIVE AMERICAN HERITAGE DAY	Gold: 7:00-8:30am
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
	POOL	MAY	BE CLOSED	FOR	PLUMBING REPAIR	AND MAINTENANCE



Tigersharks Training Schedule

Scroll Through For Your Squad

Senior Squads

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
	SR I & II: 3:15-5:00pm	SR I & II: 3:15-5:00pm SR I wts: 2:30-3:00pm	SR I & II: 3:15-5:00pm	SR I & II: 3:15-5:00pm SR I wts: No weights	NEVADA STATE CHAMPIONSHIPS SWIM MEET Travel Day No Training	NEVADA STATE CHAMPIONSHIPS SWIM MEET No Training
9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
NEVADA STATE CHAMPIONSHIPS SWIM MEET No Training	NEVADA STATE CHAMPIONSHIPS SWIM MEET No Training	NEVADA STATE CHAMPIONSHIPS SWIM MEET No Training	SR I & II: 3:15-5:00pm	SR I & II: 3:15-5:00pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30pm
16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
	SR I & II: 3:15-5:00pm	SR I & II: 3:15-5:00pm SR I wts: 2:30-3:00pm	SR I & II: 3:15-5:00pm	SR I & II: 3:15-5:00pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30pm
23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
	SR I & II: 3:15-5:00pm	SR I & II: 3:15-5:00pm SR I wts: 2:30-3:00pm	SR I & II: 3:15-5:00pm	Bronze: 7:30-8:30 Silver: 7:30-8:30 Gold: 7:00-8:30 SR I & II: 7:00-8:30 THANKSGIVING DAY WORKOUT	NO TRAINING NATIVE AMERICAN HERITAGE DAY	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30pm
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
	SR I & II: 3:15-5:00pm POOL	SR I & II: 3:15-5:00pm SR I wts: 2:30-3:00pm MAY	SR I & II: 3:15-5:00pm BE CLOSED	SR I & II: 3:15-5:00pm SR I wts: No weights FOR	SR I & II: 5:30-7:00am PLUMBING REPAIR	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30pm AND MAINTENANCE



Tigersharks Training Schedule

MASTERS SQUAD

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
			5:45-7am Short Course		5:45-7am Short Course	6:00-7:30am Long Course
9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
			5:45-7am Short Course		5:45-7am Short Course	COACH COLE 6:00-7:30am Long Course
16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
			5:45-7am Short Course		5:45-7am Short Course	6:00-7:30am Long Course
23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
			5:45-7am Short Course	THANKSGIVING DAY 5:45-7am Short Course	NO TRAINING NATIVE AMERICAN HERITAGE DAY	6:00-7:30am Long Course
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
			5:45-7am Short Course		5:45-7am Short Course	6:00-7:30am Long Course
POOL	MAY	BE CLOSED	FOR	PLUMBING REPAIR	AND	MAINTENANCE