



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
	LABOR DAY HOLIDAY NO TRAINING	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	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
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-5:00pm FALL LEAGUE BEGINS	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	MINDEN-MOLLY SWIM MEET No Training	MINDEN-MOLLY SWIM MEET No Training
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
MINDEN-MOLLY SWIM MEET	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
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
	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
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
	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



Tigersharks Training Schedule

Scroll Through For Your Squad

Bronze Squad

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
	LABOR DAY HOLIDAY NO TRAINING	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
	FALL LEAGUE BEGINS	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	MINDEN-MOLLY SWIM MEET No Training	MINDEN-MOLLY SWIM MEET No Training
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
MINDEN-MOLLY SWIM MEET		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	



Tigersharks Training Schedule

Scroll Through For Your Squad

Silver Squad

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
	LABOR DAY HOLIDAY NO TRAINING		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
	Silver: 5:00-6:00pm FALL LEAGUE BEGINS		Silver: 5:00-6:00pm		MINDEN-MOLLY SWIM MEET No Training	MINDEN-MOLLY SWIM MEET No Training
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
MINDEN-MOLLY SWIM MEET	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:30-8:30am



Tigersharks Training Schedule

Scroll Through For Your Squad

Gold Squad

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
	LABOR DAY HOLIDAY NO TRAINING	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
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
	Gold: 5:30-7:00pm FALL LEAGUE BEGINS	Gold: 5:00-6:30pm	Gold: 5:30-7:00pm	Gold: 5:00-6:30pm	MINDEN-MOLLY SWIM MEET No Training	MINDEN-MOLLY SWIM MEET No Training
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
MINDEN-MOLLY SWIM MEET	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
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
	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
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
	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



Tigersharks Training Schedule

Scroll Through For Your Squad

Senior Squads

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
	LABOR DAY HOLIDAY NO TRAINING	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	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
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:15-5:00pm FALL LEAGUE BEGINS	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	MINDEN-MOLLY SWIM MEET No Training	MINDEN-MOLLY SWIM MEET No Training
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
MINDEN-MOLLY SWIM MEET	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
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
	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
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
	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



Tigersharks Training Schedule

MASTERS SQUAD

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
			NO TRAINING Short Course		5:45-7am Short Course	6:00-7:30am Long Course
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
			5:45-7am Short Course		5:45-7am Short Course	NO TRAINING KID'S MEET (away)
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
			5:45-7am Short Course		5:45-7am Short Course	6:00-7:30am Long Course
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
			5:45-7am Short Course		5:45-7am Long Course	6:00-7:30am Long Course
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
			5:45-7am Short Course		5:45-7am Short Course	6:00-7:30am Long Course