

TIGER SHARKS SQUAD

TIMETABLE

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activation 5:00am - 5:15am		Activation 5:00am - 5:15am		Activation 5:00am - 5:15am	Athletic Movement 5:30am - 6:15am
Swim 5:15am - 7:00am		Swim 5:15am - 7:00am		Swim 5:15am - 7:00am	Swim 6:15am - 8:00am

EVENING

	Athletic Movement 4:00pm - 4:45pm		Classroom Session 4:00pm - 4:30pm	Activation 4:00pm - 4:15pm	
	Swim 4:45pm - 6:15pm		Swim 4:30pm - 6:15pm	Swim 4:15pm - 6:00pm	