

Start Dates for SHARKS 2015/2016 Season

Intermediate/Juniors and Puppies: **Sept.8** as per regular schedule

****Additional sessions** on **Sept. 12** at Horseshoe Beach **8:30-10am** (whole Club) AND **Sept.19** Beach training **9:30-11am** (whole club) AND **Sept. 29** **5:30-7pm** @WA swim session

Seniors schedule Ben/Doug/Rob: **August 31**

Mon, August 31, 5:15-7:15 @ WA

Wed, Sept 2, 5:15- 7:15 @ WA

Friday, Sept 4, 4:15-6:15 @NSC

Mon Sept. 7 (*labor day) 8-9:30am @ BASA

Tues Sept. 8 Beach training @ Horseshoe beach 5:30-7pm

Wednesday Sept.9 usual schedule (Land training, swim session)

Thursday Sept 10, 4:15-5:30 @ WA

Friday Sept 11, 4:15-6:15 (Rob 1hr, Ben 2hr) @ NSC

Sat. Sept 12, 8:30-10am Beach training @ Horseshoe

Mon Sept.14 usual schedule

Tuesday Sept.15 Beach training 5:30-7pm @ Horseshoe Beach

Wed Sept. 16 usual schedule 4:15-7:15

Thurs Sept. 17 beach training @ 5:30-7pm @ Horseshoe

Friday Sept 18 4:15-6:15 @ NSC (Rob 1hr)

Sat. Sept. 19 Beach training 9:30-11am @ Horseshoe

Resume normal schedule except for:-

Sept. 24 Thurs. SHARKS Club Championship

Sept. 29 Tues. WHOLE CLUB 5:30-7 @ WA

Oct. 3 Sat. 1-2:30 @ BASA (only top four lanes, BEN/DOUG)