

Casey Tiger Sharks Training Times From 1st March 2007

Senior Times	Junior-State Times	Junior Times
Monday AM 5:15 - 7:30 Cranbourne Monday PM 4:30 - 7:00 ARC Tuesday AM 5:15 - 7:30 Cranbourne Tuesday PM 5:00 - 7:30 ARC Wednesday PM 5:45 - 8:00 ARC Thursday AM 5:30 - 7:30 Cranbourne Thursday PM 5:00 - 7:30 ARC Friday AM 5:15 - 7:30 Cranbourne Friday PM 4:30 - 7:00 ARC Saturday PM 4:30 - 7:00 ARC (LC) <i>SNR: Minimum 8 sessions weekly + Log Books Weekly</i>	Tuesday AM 5:15 - 7:30 Cranbourne (Pool only) Wednesday AM 6:00-7:45 ARC Wednesday PM 6:30-8:00 Cranbourne Friday AM 5:15 - 7:30 Cranbourne (Gym & Pool) Friday PM 6:00-7:45 ARC Saturday AM 8:00-10:00 ARC Saturday PM 5:30-7:45 ARC <i>JNR-STATE: Minimum 6 sessions weekly + Log Books Weekly</i>	Monday PM 6:30 - 8:00 Cranbourne Wednesday AM 5:30 - 7:15 Cranbourne Thursday PM 6:30 - 8:00 Cranbourne Friday PM 6:15 - 7:45 ARC Saturday AM 10:00 - 11:45 ARC <i>JNR: Minimum 4 sessions weekly</i> Development Times Monday PM 6:30-8:00 ARC Wednesday PM 4:30 - 5:45 ARC Friday PM 6:30 - 7:45 Cranbourne Saturday AM 11:45 - 1:00 ARC

*Always Check website www.caseytigersharks.com.au for latest training schedule over holidays etc..

