

## THE MAKO SHARKS (4 WORKOUTS/WEEK)

	Tuesday	Wednesday	Thursday	Friday	Saturday
AM					6:45 – 8:15
PM	7:00 – 8:00	4:00 – 5:00 or 5:00 – 6:00	7:00 – 8:00	5:00 – 6:00	
Dryland	6:15 – 6:45 PM	TBA	6:15 – 6:45 PM	4:15- 4:45	

Workout #1 Tuesday  
 Workout #2 Thursday  
 Workout #3 Choice between Wednesday or Friday  
 Workout #4 Saturday

### Registration Fees Available Upon Request

For more information, please contact Dave Chisholm (Head Coach) or Tina Chisholm (Team President) at (519) 425-0128.

#### Head Coach:

Dave Chisholm  
 17 Years Coaching Experience  
 Former Sr. Canadian National Team Member

#### Assistant Coaches:

Kathy Ellis  
 20 Years Coaching Experience  
 Level 4 NCCP Coach

Heather Davies  
 20 Years Coaching Experience

Victoria Park Community Centre  
 355 Wellington St.  
 Ingersoll, ON.

[www.ingersollspeedsharks.ca](http://www.ingersollspeedsharks.ca)

Email:ingersollswimming@gmail.com



***Striving to have fun and help every swimmer reach their highest potential.***

**Ingersoll Speed Sharks**

Tel: 519 425-0128

# Welcome to ISS Swimming!

We look forward to another swim season with all of our returning swimmers and welcome any new swimmers to the team!

## 2015 - 2016 Pool Time

Tuesday and Thursday 7:00-8:00 pm

Wednesday 4:00-5:00 pm or 5:00-6:00 pm

Friday 5:00 – 6:00 pm

Saturday 7:00-8:45 am

**Our season starts on Tuesday,  
September 15, 2015**

**Registration Dates – Victoria Park  
Community Complex**

June 18 from 5:30-6:30pm  
September 8, 9, 10 from 6-7pm

**Two week free trial for all new  
swimmers!!**

## Sessional Program (Non-competitive)

### 10 week session (Tiger Shark Group)

Session #1 – September 15 to November 21

Session #2 – November 24 to February 13

Session #3 – February 16 to April 30

## THE TIGER SHARKS (2 WORKOUTS/WEEK)

	Tuesday	Wednesday	Thursday	Friday	Saturday
AM					6:45 – 7:45
PM	7:00 – 8:00	4:00 – 5:00 or 5:00 – 6:00	7:00 – 8:00	5:00 – 6:00	
Dryland	6:15 – 6:45 PM	TBA	6:15 – 6:45 PM	4:15- 4:45	

Workout #1 – Choice between Tuesday or Wednesday

Workout #2 – Choice between Thursday, Friday or Saturday

## THE HAMMERHEAD SHARKS (3 WORKOUTS/WEEK)

	Tuesday	Wednesday	Thursday	Friday	Saturday
AM					6:45 – 8:15
PM	7:00 – 8:00	4:00 – 5:00 or 5:00 – 6:00	7:00 – 8:00	5:00 – 6:00	
Dryland	6:15 – 6:45 PM	TBA	6:15 – 6:45 PM	4:15 – 4:45	

Workout #1 – Choice between Tuesday or Wednesday

Workout #2 – Choice between Thursday or Friday

Workout #3 – Saturday

