

Pond Pups

- Monday to Thursday 5:45 pm – 6:30 pm @ SMS

Lake Sharks

- Monday to Thursday 5:45 pm – 6:45 pm @ SMS

River Sharks

- Monday to Thursday 6:45 pm – 8:00 pm @ SMS
- Friday 5:45 pm – 7:15pm @SMS

Quarry Sharks

- Monday & Wednesday (Dryland) 6:00 pm – 6:30 pm @ SMS
- Monday & Wednesday (Pool) 6:30 pm – 8:00 pm @ SMS
- Tuesday & Thursday 6:30 pm – 8:00 pm @ SMS
- Friday 5:45 pm – 7:15 pm @ SMS

Apex Predators

- Monday & Wednesday 6:30 pm – 8:15 pm @ SHS
- Tuesday & Thursday (Dryland) 6:00 pm – 6:30 pm @ SHS
- Tuesday & Thursday (Pool) 6:30 pm – 8:15 pm @ SHS
- Friday 5:45 pm – 7:15 pm @ **SMS**

Senior

- Monday to Friday 6:30 pm – 8:30 pm @ SHS

Senior Elite

- Monday to Friday 6:30 pm – 8:30 pm @ SHS

National

- Monday to Friday 6:30 pm – 8:30 pm @ SHS