



Fall Schedule 2025 Starting September 2-updated

Intro to Team

Mon-Thu 4:30-5:00 pm

Beginner

Mon-Thu 5:00-5:50 pm

Yellow

Mon-Thu 4:30-5:30 pm

Blue

Mon-Thu 5:30-6:45 pm

Senior Fit

Mon-Thu 5:30-6:45 pm

Age Group

Mon-Thu	4:30-5:45 pm	Dryland 4:30-4:45 T/Th
Fri	5:00-6:30 pm	
Sat	8:00-10:00 am	

Junior

Mon-Thu	5:30-7:00 pm	Dryland 5:00-5:30 T/Th
Fri	4:30-6:30 pm	
Sat	8:00-10:00 am	

Senior

Mon-Thu	5:00-7:00 pm	Dryland T/Th 5:00-5:30
Fri	4:30-6:30 pm	
Sat	8:00-10:00 am	

National Development

Mon/Wed	4:30-7:00 pm	Dryland M/W 4:30-4:50
Tue/Thu	5:00-7:00 am	
	4:30-5:30 pm	Swim
	6:00-7:00 pm	Pinnacle
Fri	4:30-6:30 pm	
Sat	7:30-10:00 am	Dryland M/W 7:30-7:50

Learn To Swim

Mon-Thu 4:45-6:45 pm

**Pre-Team is now level 3-swim lessons*

Masters

Mon-Fri 4:30-5:30 pm

Tue/Thu 5:15-6:45 am

Sat 8:00-9:45 am

**Check weekly emails regarding Saturdays.*

Junior Polo Conditioning

Tu/Th 5:00-7:00 pm