



**Holiday Training Schedule**  
**December 29-January 4 (updated on 12/17)**

<b>Dec 20-28</b>	<b>Scheduled Break</b>	<b>No Practices</b>
<b>Mon, Dec 29</b> Pinnacle Intro/Beginner Yellow/Blue/S Fit Age Group/Junior Senior National	<b>Phillip West</b> 6:30-7:30 am 6:00-7:00 pm 6:00-7:00 pm 4:30-6:00 pm 4:00-6:00 pm 4:00-6:00 pm	
<b>Tue, Dec 30</b> Pinnacle Intro/Beginner Yellow/Blue/S Fit Age Group/Junior Senior National	<b>Phillip West</b> 6:30-7:30 am 6:00-7:00 pm 6:00-7:00 pm 4:30-6:00 pm 4:00-6:00 pm 4:00-6:00 pm	
<b>Wed, Dec 31</b> Age Group/Junior Senior National	<b>Phillip West</b> 1:00-2:30 pm 12:30-2:30 pm 12:30-2:30 pm	
<b>Thu, Jan 1</b> All groups off	<b>Off-Holiday</b>	
<b>Fri, Jan 2</b> Pinnacle Age Group/Junior National/Senior	<b>Dryland Only</b> 6:30-7:30 am 4:30-5:30 pm 3:00-4:30 pm	Swim Lab-Daily Desk Swim Lab-Daily Desk
<b>Sat, Jan 3</b> Intro/Beginner Blue/Yellow Age Group/Junior/S Fit Senior National	<b>Rodriguez High</b> 9:15-10:00 am 8:00-9:15 am 8:00-10:00 am 7:30-10:00 am 7:30-10:00 am	

**Sun, Jan 4**

Junior

Senior

National

**Armijo High**

8:00-10:00 am

7:30-10:00 am

7:30-10:00 am

1-Swim Lab will focus on video analysis-swimmers will need to provide video of their races (or share with other swimmers. More info will be sent via email.

2-Pinnacle workouts will be offered for those who are part of the Pinnacle group.

3-Workouts will be available on Sat and Sun in lieu of the holiday-swimmers are encouraged to attend.

4-Phillip West Aquatics Center is located at 100 Benton Way in American Canyon. It is a city operated 6 lane pool with adjacent locker rooms and a viewing area (not covered.)