



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

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