



Holiday Training Schedule
December 29-January 4 (updated Nov 25)

Dec 20-28	No Practices	Scheduled Break
Mon, Dec 29	4:00-7:00 pm	AC High
Pinnacle	AM-TBD	
Intro/Beginner	5:00-5:45 pm	
Yellow/Blue	5:45-7:00 pm	
Age Group/Junior	5:30-7:00 pm	
Senior	5:00-7:00 pm	
National	4:00-7:00 pm	
HS Water Polo	4:00-6:00 pm	
Junior Polo	5:30-7:00 pm	
Tue, Dec 30	4:00-7:00 pm	AC High
Pinnacle	AM-TBD	
Intro/Beginner	5:00-5:45 pm	
Yellow/Blue	5:45-7:00 pm	
Age Group/Junior	5:30-7:00 pm	
Senior	5:00-7:00 pm	
National	4:00-7:00 pm	
HS Water Polo	4:00-6:00 pm	
Junior Polo	5:30-7:00 pm	
Wed, Dec 31	TBD	
Senior/National		
<i>*Junior A is welcome to attend the workout.</i>		
Thu, Jan 1	Off-Holiday	
Fri, Jan 2	4:00-7:00 pm	AC High
Intro/Beginner	5:00-5:45 pm	
Yellow/Blue	5:45-7:00 pm	
Age Group/Junior	5:30-7:00 pm	
Senior	5:00-7:00 pm	
National	4:00-7:00 pm	

Sat, Jan 3

Age Group/Junior

Senior

National

7:30-10:00 am

8:00-10:00 am

7:30-10:00 am

7:30-10:00 am

Rodriguez**Sun, Jan 4**

Junior

Senior

National

7:30-10:00 am

8:00-10:00 am

7:30-10:00 am

7:30-10:00 am

Armijo**Holiday break scheduled Dec 21-Dec 27 (No practices)****National Development may have 2-3 optional workouts available that week-location TBD*

We will have an ice skating social during the break (we are finalizing the date) that is open to all swimmers and water polo players-as well as family and friends. This will be held at Meritage in Napa.