



## **Pinnacle Fitness Workouts Aug 26 and 28**

Pinnacle Fitness will offer trial workouts for swimmers in Senior and Junior "A". All National Development swimmers should attend as part of their regular schedule.

### **Workouts**

Tue, Aug 26	6:00-7:00 pm	<a href="#">Signup-Free Session</a>
Thu, Aug 28	6:00-7:00 pm	<a href="#">Signup-Free Session</a>

*\*Swimmers from Senior or Junior "A" who wish to attend should sign up for each individual session.*

*\*\*National Development swimmers and swimmers who are in senior who have already committed and paid for August DO NOT need to sign up for the trial workouts.*

### **Clinic Week and Regular Season**

The practice schedule is listed below. Swimmers who are attending Pinnacle can swim on Tue/Thu from 4:30-5:30-or simply only attend the gym.

Starting the week of Sept 2, we will have Tue and Thu mornings available that swimmers can attend. Swimmers who attend Pinnacle from Senior and Junior "A" can attend mornings.

[Clinic Week Schedule](#)  
[Fall Schedule-Starting Sept 2](#)

### **Fall Session**

Swimmers from Junior or Senior who wish to sign up for the fall session can do so for Sept-Dec- this will be a four month commitment. Payments will be invoiced monthly for these months. Dryland will be held at the College for swimmers in AG, Junior and Senior who do not attend Pinnacle in the fall season. More info will be provided the week of Aug 25-including the cost.

### **Waiver**

Any swimmers attending Pinnacle workouts MUST have a waiver on file. The waiver can be found at. Please bring a signed copy to your first Pinnacle workout (including trial)

[Pinnacle Waiver 2025-26 Season](#)