



December 15-20

Intro to Team

Mon	Off	Day after hosted meet
Tue-Wed	4:30-5:00 pm	
Thu	4:30-7:00 pm	Holiday Social

Beginner

Mon	Off	Day after hosted meet
Tue-Wed	5:00-5:50 pm	
Thu	4:30-7:00 pm	Holiday Social

Yellow

Mon	Off	Day after hosted meet
Tue-Wed	4:30-5:30 pm	
Thu	4:30-7:00 pm	Holiday Social

Blue

Mon	Off	Day after hosted meet
Tue-Wed	5:30-6:45 pm	
Thu	4:30-7:00 pm	Holiday Social

Senior Fit

Tue-Wed	5:30-6:45 pm	
Thu	4:30-7:00 pm	Holiday Social
Fri	5:00-6:30 pm	With Junior

Age Group

Mon	Off	Day after hosted meet
Tue	5:00-7:00 pm	Includes dryland
Wed	4:30-5:45 pm	
Thu	4:30-7:00 pm	Holiday Social
Fri	5:30-7:00 pm	
Sat	8:30-10:00 am	College

Junior

Mon	Off	Day after hosted meet
Tue	5:00-7:00 pm	Includes dryland
Wed	5:30-7:00 pm	
Thu	4:30-7:00 pm	Holiday Social
Fri	5:00-6:30 pm	
Sat	8:00-10:00 am	

Senior

Mon/Wed	5:00-7:00 pm	
Tue/Thu	5:00-7:00 pm	Includes dryland
Fri	4:30-6:30 pm	
Sat	8:00-10:00 am	College Pool

National Development

Mon/Wed	5:00-7:00 pm	
Tue/Thu	5:00-7:00 am	
Tue	6:00-7:00 pm	Pinnacle
Thu	4:30-7:00 pm	Holiday Social
Fri	4:30-6:30 pm	
Sat/Sun	8:00-10:00 am	College Pool

Junior Water Polo

Mon/Wed	5:00-6:30 pm	
Tue	5:30-6:45 pm	With Blue Group

High School Water Polo-Girls

Monday	5:00-7:00 pm	College-Conditioning
Tuesday	5:30-7:30 pm	Rodriguez
Wednesday	6:00-8:00 pm	College

High School Water Polo-Boys

Monday	5:00-7:00 pm	College-Conditioning
Tuesday	5:30-7:30 pm	Rodriguez
Thursday	6:30-8:30 pm	Rodriguez

Masters

Mon-Thu	4:30-5:30 pm
Fri	4:30-6:15 pm