



## 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 |  |