



## Spring Schedule-Starts Feb 2 Regular Schedule

### Feb Lessons

Tue/Thu 4:30-6:45 pm

### Mar-May Lessons

Mon-Thu 4:30-6:45 pm

### Intro to Team

Mon-Thu 4:30-5:00 pm

### Beginner

Mon-Thu 5:00-5:50 pm

### Yellow

Mon-Thu 4:30-5:30 pm

### Blue

Mon-Thu 5:30-6:45 pm

### Senior Fit

Mon-Thu 5:30-6:45 pm

### Age Group

Mon/Wed 4:30-5:45 pm

Tue/Thu 5:00-7:00 pm

Fri 5:00-6:30 pm

Sat 8:30-10:00 am

Includes dryland

### Junior

Mon/Wed 5:30-7:00 pm

Tue/Thu 5:00-7:00 pm

Fri 5:00-6:30 pm

Sat 8:00-10:00 am

Includes dryland

### Senior

Mon/Tue/Wed/Thu 5:00-7:00 pm

Fri 4:30-6:30 pm

Sat 8:00-10:00 am

includes dryland

**National Development**

Mon/Wed	4:45-7:00 pm	
Thu	5:00-7:00 am	
Tue/Thu	6:00-6:50 pm	Pinnacle
Fri	4:30-6:30 pm	
Sat	8:00-10:00 am	

*\*High school swimmers will attend high school practices on Tuesdays starting Feb 10.*

*\*\*Possible add Friday mornings-based on demand*

**Masters**

Mon/Wed	4:30-5:30 pm
Tue/Thu/Fri	4:30-6:30 pm
Tue/Thu	5:00-6:45 am

**Pinnacle Fitness**

Tue/Thu	6:00-6:50 pm
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**High School Water Polo**

Monday

**Combined Boys/Girls**

7:00-8:00 pm

**Feb 2-Apr 27**

**Junior Water Polo**

Mon/Wed	5:00-6:30 pm	College
Tue	5:30-6:45 pm	College (with Blue)

*\*Spring Session 1*

*February-March*

*\*Spring Session 2*

*April-May*

**Check weekly emails for updates and announcements!!!**