



## **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	Includes dryland
Fri	5:00-6:30 pm	
Sat	8:30-10:00 am	

#### **Junior**

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

#### **Senior**

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

**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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<b>High School Water Polo</b>	<b>Combined Boys/Girls</b>	<b>Feb 2-Apr 27</b>
Monday	7:00-8:00 pm	

**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!!!**