



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

dryland on Tue/Thu

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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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!!!