



Adjusted Schedule Week of November 24-30

Intro to Team

Mon-Tue	4:30-5:00 pm	College
Wed-Fri	Off	Off
Sat	9:15-10:00 am	AC High School

Beginner

Mon-Tue	5:00-5:50 pm	College
Wed-Fri	Off	Off
Sat	9:15-10:00 am	AC High School

Yellow

Mon-Tue	4:30-5:30 pm	College
Wed-Fri	Off	Off
Sat	8:00-9:15 am	AC High School

Blue

Mon-Tue	5:30-6:45 pm	College
Wed-Fri	Off	Off
Sat	8:00-9:15 am	AC High School

Senior Fit

Mon-Tue	5:30-6:45 pm	College
Wed-Fri	Off	Off
Sat	8:30-10:00 am	AC High School

Age Group

Mon-Tue	4:30-5:45 pm	College
Wed	8:30-10:00 am	College
Thu	Off	Off
Fri	Off	Off
Sat	8:30-10:00 am	AC High School

Junior

Mon-Tue	5:00-7:00 pm	College (with dryland)
Wed	8:00-10:00 am	College
Thu	Off	Off
Fri	Off	Off
Sat	8:00-10:00 am	AC High School

**Junior A can swim with Senior on Fri, Nov 28 at UC Davis*

Senior

Mon-Tue	4:30-7:00 pm	College (with dryland)
Tue	5:00-7:00 pm	College
Wed	8:00-10:00 am	College
Thu	Off	Off
Fri	3:30-5:30 pm	UC Davis-Schaal
Sat	8:00-10:00 am	AC High School

National Development

Mon	4:00-7:00 pm	College (with dryland)
Tue	5:00-7:00 am	College
	6:00-7:00 pm	Pinnacle
Wed	8:00-10:00 am	College
Thu	Off	Off
Fri	3:30-5:30 pm	UC Davis-Schaal
Sat	8:00-10:00 am	AC High School

**Check weekly email for Pinnacle Schedule*

Masters

Mon-Tue	4:30-5:30 pm	College
Tue	5:00-7:00 am	College
Wed	8:00-9:30 am	College
Thu	Off	
Fri	Off	
Sat	8:00-9:30 am	A Canyon High

Junior Water Polo

Mon	5:00-6:30 pm	College
Tue	5:30-6:45 pm	College-conditioning

High School Polo

Mon	5:00-7:00 pm	College-conditioning
Tue	5:00-7:00 pm	College

