



Week of Feb 16-Adjusted Schedule

Intro to Team

Tue/Thu	4:30-5:00 pm	College	
Wed	5:00-6:30 pm	College	Psyche Day
Fri	4:30-6:15 pm	College	Posters/Swim
Sat/Sun	Swim Meet	College	

Beginner

Tue/Thu	5:00-5:50 pm	College	
Wed	5:00-6:30 pm	College	Psyche Day
Fri	4:30-6:15 pm	College	Posters/Swim
Sat/Sun	Swim Meet	College	

Yellow

Tue/Thu	4:30-5:30 pm	College	
Wed	5:00-6:30 pm	College	Psyche Day
Fri	4:30-6:15 pm	College	Posters/Swim
Sat/Sun	Swim Meet	College	

Blue

Tue/Thu	5:30-6:45 pm	College	
Wed	5:00-6:30 pm	College	Psyche Day
Fri	4:30-6:15 pm	College	Posters/Swim
Sat/Sun	Swim Meet	College	

Age Group

Mon	4:30-6:00 pm	Rodriguez	
Wed	5:00-6:30 pm	College	Psyche Day
Tue/Thu	5:00-7:00 pm	College	Includes Dryland
Fri	4:30-6:15 pm	College	Setup/Posters/Swim
Sat/Sun	Swim Meet	College	

Junior

Mon	4:00-6:00 pm	Rodriguez	
Wed	5:00-7:00 pm	College	Psyche Day
Tue/Thu	5:00-7:00 pm	College	Includes dryland
Fri	4:30-6:15 pm	College	Setup/Posters/Swim
Sat/Sun	Swim Meet	College	

Senior

Mon	3:30-6:00 pm	Rodriguez	
Tue	Attend High School	High School	
Wed	5:00-7:00 pm	College	Psyche Day
Thu	5:00-7:00 pm	College	No dryland Thu
Fri	4:30-6:30 pm	College	Includes setup
Sat/Sun	Swim Meet	College	

**Pinnacle workouts are Tue/Thu from 6:00-6:50 pm (must be enrolled)*

***Swimmers can attend morning workouts on Thursday*

****Assist with meet setup 4:30-5:00 pm on Friday afternoon*

National Development

Mon	3:30-6:00 pm	Rodriguez	
Tue	Attend High School	High School	
Wed	5:00-7:00 pm	College	Psyche Day
Thu	5:00-7:00 am	College	
Tue/Thu	6:00-6:50 pm	Pinnacle	
*Fri	4:30-6:30 pm	College	Includes setup
Sat/Sun	Swim Meet	College	

**Pinnacle workouts are Tue/Thu from 6:00-6:50 pm (must be enrolled)*

***Sectional swimmers should enter 1 event at Last Chance (Sat)*

****Sectional swimmers should attend practice/volunteer on Sunday.*

*****Swimmer can attend morning or afternoon on Friday*

Masters

Wed	4:30-5:30 pm	College
Tue/Thu	4:30-6:30 pm	College
Thu	5:00-6:45 am	College
Fri	4:30-6:15 pm	College

Pinnacle Fitness

Tue/Thu	6:00-6:50 pm	Pinnacle
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**Swimmers attending Pinnacle on Tu/Thu should swim in addition to the gym workouts.*

Junior Water Polo

Wed	5:00-6:30 pm	College
Tue	5:30-6:45 pm	College-with Blue Group