



January

Regular Schedule (Check Weekly Emails for updates)

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

Tue-Thu 5:30-6:45 pm

Fri 5:00-6:30 pm With Junior

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/Wed 5:00-7:00 pm

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

Pinnacle

Junior Water Polo

Mon/Wed	5:00-6:30 pm
Tue	5:30-6:45 pm
Thursday (clinics)	5:00-6:30pm

College

College (with Blue)

Rodriguez

**Fridays added on Jan 16*

***Saturdays added on Jan 10 and Jan 31*

High School Water Polo-Girls

Monday	5:00-7:00 pm
Tuesday	5:30-7:30 pm
Wednesday	6:00-8:00 pm
Thursday (clinics)	5:00-6:30pm

College (with Senior)

Rodriguez

College

Rodriguez

**Fridays added on Jan 16*

***Saturdays added on Jan 10 and Jan 31*

High School Water Polo-Boys

Monday	5:00-7:00 pm
Tuesday	5:30-7:30 pm
Thursday (clinics)	5:00-6:30pm
Thursday	6:30-8:30 pm

College (with Senior)

Rodriguez

Rodriguez

Rodriguez

**Fridays added on Jan 16*

***Saturdays added on Jan 10 and Jan 31*

Masters

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