



Winter Schedule 2025/26 Starting on December 1

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 4:30-6:30 pm

**Senior Fit can swim with Blue on Mondays*

Age Group

Mon/Wed 4:30-5:45 pm

Tue/Thu 5:00-7:00 pm

Dryland 5:00-5:30 pm (T/TH)

Fri 5:00-6:30 pm

Sat 8:30-10:00 am

**Age Group swimmers who cannot attend the later times on Tue/Thu can swim with Yellow*

Junior

Mon/Wed 5:30-7:00 pm

Tue/Thu 5:00-7:00 pm

Dryland 5:00-5:30 pm (T/TH)

Fri 4:30-6:30 pm

Sat 8:00-10:00 am

**Practice available 4:30-5:30 pm on Tue/Thu for swimmers who attend Pinnacle*

Senior

Mon-Thu 5:00-7:00 pm

Dryland 5:00-5:30 pm (T/TH)

Fri 4:30-6:30 pm

Sat 8:00-10:00 am

**Practice available 4:30-5:30 pm on Tue/Thu for swimmers who attend Pinnacle*

National Development

Mon/Wed	4:45-7:00 pm	
Tue/Thu	5:00-7:00 am	
	6:00-7:00 pm	Pinnacle
Fri	4:30-6:30 pm	
Sat	8:00-10:00 am	
<i>*Practice available 4:30-5:30 pm on Tue/Thu for swimmers who attend Pinnacle</i>		

Junior Water Polo

Mon/Wed	5:00-6:30 pm	
Tue	5:30-6:45 pm	With Blue Group

High School Water Polo-Girls

Monday	5:00-7:00 pm	College-Conditioning
Tuesday	5:30-7:30 pm	Rodriguez
Wednesday	5:30-7:30 pm	American Canyon High

High School Water Polo-Boys

Monday	5:00-7:00 pm	College-Conditioning
Thursday	6:30-8:30 pm	Rodriguez
Wednesday	5:30-7:30 pm	American Canyon High

Masters

Mon-Thu	4:30-5:30 pm
Fri	4:30-6:15 pm
Tue/Thu	5:15-6:45 am

**Saturdays may be available based on scheduled practices and availability.*