



## 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-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)

Tue/Thu 5:00-7:00 pm

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.*