



December 8-14
No Weekday Mornings due to taper schedule

Intro to Team

Mon-Thu	4:30-5:00 pm
Fri	4:30-5:15 pm
Sat/Sun	Meet

Beginner

Mon-Thu	5:00-5:50 pm
Fri	4:30-5:15 pm
Sat/Sun	Meet

Yellow

Mon-Thu	4:30-5:30 pm
Fri	5:15-6:30 pm
Sat/Sun	Meet

Blue

Mon-Thu	5:30-6:45 pm
Fri	5:15-6:30 pm
Sat/Sun	Meet

Senior Fit

Tue-Thu	5:30-6:45 pm	
Fri	5:00-6:30 pm	With Junior
Sat/Sun	Meet	

**Senior Fit can swim with Blue on Mondays*

Age Group

Mon/Wed	4:30-5:45 pm	
Tue/Thu	5:30-7:00 pm	No dryland-taper
Fri	5:00-6:30 pm	
Sat/Sun	Meet	

**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	5:30-7:00 pm	No dryland-taper
Fri	5:00-6:30 pm	
Sat/Sun	Meet	

**No dryland at Solano on Tue/Thu*

***Pinnacle swimmers swim 4:30-5:30 and then go to Pinnacle on Tuesday*

****No Pinnacle on Thursday*

Senior

Mon	5:00-7:00 pm
Tue-Fri	5:30-7:00 pm
Fri	5:00-6:30 pm
Sat/Sun	Meet

**No dryland at Solano on Tue/Thu*

***Pinnacle swimmers swim 4:30-5:30 pm and then go to Pinnacle on Tuesday*

****No Pinnacle on Thursday*

National Development

Mon	5:00-7:00 pm
Tue-Fri	5:30-7:00 pm
Fri	5:00-6:30 pm
Sat/Sun	Meet

**No dryland at Solano on Tue/Thu*

***Pinnacle swimmers swim 4:30-5:30 pm and then go to Pinnacle on Tuesday*

****No Pinnacle on Thursday*

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

