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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Who | What | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **ALL CLUB SWIM** | STRENGTH AND CONDITIONING AND POOL TIME | Pool  8:00am-10:00am  **Plyo-10:30am-11:30am** | Weights  7:45am-9:00am  **(9th-12th)**  Pool  9:30am-11:30am | Pool  8:00am-10:00am  **Plyo-10:30am-11:30am** | Weights  7:45am-9:00am  **(9th-12th)**  Pool  9:30am-11:30am | Pool  8:00am-10:00am | OFF | OFF |
| **GIRLS WATER POLO** | STRENGTH AND CONDITIONING | Plyometrics  10:30am-11:30am | Weights  7:45am-9:00am  **(9th-12th)** | Plyometrics  10:30am-11:30am | Weights  7:45am-9:00am  **(9th-12th)** | OFF | OFF | OFF |
| **GIRLS WATER POLO** | POOL AND TACTICS | Pool  7:30am-10:00am | Pool  9:30am-11:30am | Pool  7:30am-10:00am | Pool  9:30am-11:30am | Pool  9:00am-11:30am | OFF | OFF |
| **BOYS WATER POLO** | STRENGTH AND CONDITIONING | Weights  7:30am-9:00am  **(9th-12th)** | Plyometrics  10:30am-11:30am | Weights  7:30am-9:00am  **(9th-12th)** | Plyometrics  10:30am-11:30am | Weights  7:30am-8:45am  **(9th-12th)** | OFF | OFF |
| **BOYS WATER POLO** | POOL AND TACTICS | Pool  9:15am-11:30am | Pool  7:30am-10:00am | Pool  9:15am-11:30am | Pool  7:30am-10:00am | Pool  9:00am-11:30am | OFF | OFF |
| **14U COED WATER POLO** | STRENGTH AND CONDITIONING | Plyometrics  10:30am-11:30am | *OFF* | Plyometrics  10:30am-11:30am | *OFF* | *OFF* | *OFF* | *OFF* |
| **14U COED WATER POLO** | POOL AND TACTICS | Pool  8:00am-10:00am | Pool  9:30am-11:30am | Pool  8:00am-10:00am | Pool  9:30am-11:30am | Pool  9:00am-11:00am | OFF | OFF |