

ARLINGTON SCHOOL YEAR SCHEDULE

National/Senior Team

Monday thru Friday 3:00 - 5:00 pm[+ 30 min. drylands, Mon thru Thur]
Saturday 6:30 – 9:00 am
Mon., Wed., Friday 5:00 - 6:30 am

Junior 3 Team

Monday thru Friday 5:00 - 6:30 pm [drylands 15 min. before practice]
Saturday 6:30 - 8:30 am

Junior 2 Team

Monday thru Thursday 5:00 - 6:30 pm
Saturday 8:30 - 10:30 am

Junior 1 Team

Mon., Wed., Friday 5:00 - 6:30 pm,
Saturday 9:00 - 10:30 am

Varsity Team

Tuesday & Thursday 5:00 - 6:30 pm
Saturday 7:00 - 8:30 am

Silver Team

Mon., Wed., Friday 5:30 - 6:30 pm
Saturday 9:30 - 10:30 am

Blue Team

Mon., Wed., Friday 4:30 - 5:30 pm

Red Team

#1 Tuesday & Thursday 4:30 - 5:30 pm
#2 Tuesday & Thursday 5:30 - 6:30 pm

Stroke School

Friday 5:00 - 5:45 and 5:45 - 6:30