

Summer Arlington Tsunami Practice Schedule

Red Team [Teaching pool]	Tue & Thursday	4:30 – 5:30 pm
or	Tue & Thursday	5:30 – 6:30 pm
Blue Team [comp pool]	Mon, Wed, Thur	4:30 – 5:30 pm
Silver Team [comp pool]	Mon, Wed, Thur	5:30 – 6:30 pm
	Saturday	9:30 - 10:30am
Varsity Team	Tue and Thursday	5:00 – 6:30 pm
	Saturday	9:00 – 10:30 am
Junior 1 Team	Mon thru Thurs	5:00 – 6:30 pm
	Saturday [long course]	9:00 – 10:30 am
Junior 2 Team	Mon thru Fri	8:30 – 10:00 am
	Saturday [long course]	9:00 – 10:30 am
Junior 3 Team	Mon-Wed-Friday	7:30 – 9:30 am
	Tu & Th [long course]	8:30 – 10:00 am
	Saturday [long course]	9:00 – 10:30 am
Senior Team	Mon-Wed-Friday	7:00 – 9:30 am
	Tu & Th [long course]	6:15- 8:30 am
	Tu & Th [short course]	3:30 – 5:30 pm
	Saturday [long course]	6:30 – 9:00 am
Masters	Mon-Wed-Fri	6:00 – 7:30 am
	Monday thru Thursday	11:30 - 1:00 pm