



Pacific Swim Fall Schedule

Effective September 7 through October 31, 2010

Revised: August 9, 2010

Beginner Novice (Note: 4S Ranch will swim until September 30)						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 4:30pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos		
4:00 - 4:30pm	4S Ranch	4S Ranch	4S Ranch	4S Ranch		
10:00 - 10:30am						Arbolitos

Advanced Novice (Note: 4S Ranch will swim until September 30)						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 - 5:30pm	4S Ranch	4S Ranch	4S Ranch	4S Ranch		
4:30 - 5:30pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos		
3:30 - 4:30pm	Frog's		Frog's		Frog's	
9:00 - 10:00am						Arbolitos

Red Group - Age Group Competitive (Coach Christy)						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 7:00pm					Poway	
5:45 - 7:15pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos		

Blue Group - Age Group Competitive (Coach Owen)						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 10:00am						4S Ranch until Sep 30 – then Poway
4:00 - 6:00pm		Frog's		Frog's		
4:30 - 6:30pm	Frog's		Frog's		Frog's	

Green Group - Age Group Competitive (Coach Grace)						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 10:00am						Poway
5:45-7:45pm		Frog's		Frog's		
6:00 - 8:00pm	Del Norte HS		Del Norte HS			
4:00-6:00pm					Arbolitos	

White Group - Entry Level Competitive/Water Polo Conditioning (Coach Mike)						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00pm	Doubletree	Doubletree	Doubletree	Doubletree		

Silver Group - Senior Group Competitive						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 – 6:45am					Frog's	
8:00 - 10:00am						Poway
5:30 - 7:30pm	Poway	Poway	Poway	Poway		

Gold Group - Senior Group						
Schedule changes seasonally; please e-mail Coach Dan (dan@pacificswim.com) for current times and locations.						

Doubletree Golf Resort San Diego

14455 Penasquitos Drive
San Diego, CA 92128

Located just west of the I-15 from Carmel Mountain Ranch

Frog's Fitness at Carmel Mountain Ranch

12171 World Trade Drive
San Diego, CA 92128

Located near Home Depot in Carmel Mountain Ranch

Poway Community Swim Center

13094 Civic Center Drive
Poway, CA 92064

Located near the Poway Library and Poway Police Station

Rancho Arbolitos Swim and Tennis Club

14343 Silverset Street
Poway, CA 92064

*Located near the Target center at the corner of
Twin Peaks Road and Ted Williams Parkway*

Please direct any questions to our main office at the Rancho Arbolitos Swim and Tennis Club. The telephone number is (858) 486-3670.