



# Pacific Swim Fall Schedule

Effective February 22, 2010 through May 15, 2010

Revised: February 25, 2010

<b>Beginner Novice (Doubletree opens on Tuesday, March 2)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 4:30pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos	Arbolitos (begin March 5)	
4:00-4:30pm		Doubletree		Doubletree	Doubletree	
10:00 - 10:30am						Arbolitos

<b>Advanced Novice (Doubletree opens on Tuesday, March 2)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 - 5:30pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos	Arbolitos (begin March 5)	
4:00-5:00pm		Doubletree		Doubletree	Doubletree	
9:00-10:00am						Arbolitos

<b>Red Group - Age Group Competitive (Coach Robby)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 -7:15pm					Frog's	
5:30 - 7:00pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos		

<b>Blue Group - Age Group Competitive (Coach Owen)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 10:00am						Poway
4:00 - 6:00pm	Frog's	Frog's	Frog's	Frog's	Frog's	

<b>Green Group - Age Group Competitive (Coach Grace)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 9:00am						Rancho Arbolitos
3:30 - 5:30pm		Poway		Poway		
5:30 - 7:30pm	Poway		Poway		Rancho Arbolitos	

<b>White Group - Entry Level Competitive/Water Polo Conditioning (Coach Carolayn)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-7:15pm	Del Norte HS		Del Norte HS			
5:00-6:30pm		Doubletree		Doubletree	Doubletree	

<b>Silver Group - Pre-Senior Group Competitive (Coach Alex)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-7:00pm		Doubletree		Doubletree	Doubletree	
5:45-7:45pm	Del Norte HS		Del Norte HS			
8:00-10:00am						Poway

<b>Gold Group - Senior Group (Coach Dan)</b>						
Schedule changes regularly; 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.*