Orinda Aquatics Workout Schedule 2026-2027 Aug 24-Oct 5

Note: Due to the extended closure of the Miramonte High School pool, Miramonte Water Polo will be practicing at Soda through September. Therefore, all programs' schedules are slightly adjusted. During this time, OA will practice in the afternoon in the Dive Pool following the schedule below. Friday PM and all AM workouts will be in the Comp Pool.

note: times listed are "in the water" times (please arrive 15 minutes prior to workout)

Phase in schedule

wk of Aug 24 = >	**Seniors optional workouts 4:15-6:00 Mon-Wed. Swimmer Meetings (Zoom) Friday Senior 4:00-5:15; Junior 5:30-6:30**
wk of Aug 31 = >	**regular PM (Mon-Fri) & Saturday (no weekday AM or dryland). Gear Day Fri or Sat tbd**
wk of Sept 7 =>	Regular schedule with AM and dryland

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 4	**AM**	**5:30-7:15 (opt)**		**5:30-7:15**		**5:30-7:15**	**7:30-10:00**
	PM	**3:50-5:15**	**3:50-5:15**	**none**	**4:00-6:10**	**4:00-6:00**	
	dryland	**5:30-6:15**	**5:30-6:15**		**6:15-7:00**		**10:10-11:00**
	meeting					**meeting 4:00**	
Senior 3	**AM**	**5:30-7:15**				**5:30-7:15 (opt)**	**7:30-10:00**
	PM	**5:15-6:30**	**5:15-6:30**	**4:00-6:10**	**none**	**4:00-6:00**	
	dryland	**4:30-5:10**	**4:30-5:10**		**at-home workout**		**10:10-11:00**
	meeting					**meeting 4:00**	
Senior 2	**AM**	**5:30-7:15**					**7:30-10:00**
	PM	**5:15-6:30**	**5:15-6:30**	**4:00-6:10**	**none**	**4:00-6:00**	
	dryland	**4:30-5:10**	**4:30-5:10**		**at-home workout**		**10:10-11:00**
	meeting					**meeting 4:00**	
		Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
Junior 3	**AM**					**AM TBD**	**7:30-10:00**
	PM	**6:30-7:30**	**6:30-7:30**	**6:10-7:30**	**6:10-7:30**	**6:00-7:30**	
	DL/MTG	**6:00-6:30 - DL**	**6:00-6:30 - DL**			**5:30-6:00 - DL**	**10:10-11:00**
Junior 1&2	**PM/SAT**	**6:30-7:30**	**6:30-7:30**	**6:10-7:30**	**6:10-7:30**	**6:00-7:30**	**8:15-10:00**
	DL/MTG	**6:00-6:30 - DL**	**6:00-6:30 - DL**			**5:30-6:00 - DL**	

Important workout notes

=> Sr Group has one afternoon off during the week. The time should be used for homework, family time or relaxing (no social media).

=> **dryland and meetings are expected** as part of the regular training schedule (**not optional**)

* Note: **The Senior Group workout schedule will change during the high school season** Feb 8 - Apr 30 for Wed & Thurs.

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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 4	AM	5:30-7:15 (opt)		5:30-7:15		5:30-7:15	7:30-10:00
	PM	3:45-5:20	3:45-5:20	none	4:00-6:10	4:00-6:00	
	dryland	5:30-6:15	5:30-6:15		6:15-7:00		10:10-11:00
	meeting					meeting 4:00	
Senior 3	AM	5:30-7:15				5:30-7:15 (opt)	7:30-10:00
	PM	5:20-6:45	5:20-6:45	4:00-6:10	none	4:00-6:00	
	dryland	4:30-5:15	4:30-5:15		at-home workout		10:10-11:00
	meeting					meeting 4:00	
Senior 2	AM	5:30-7:15					7:30-10:00
	PM	5:20-6:45	5:20-6:45	4:00-6:10	none	4:00-6:00	
	dryland	4:30-5:15	4:30-5:15		at-home workout		10:10-11:00
	meeting					meeting 4:00	
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior 3	AM					AM optional	8:15-10:00
	PM	6:45-8:00	6:45-8:00	6:30-8:00	6:30-8:00	6:00-7:30	
	DL/MTG	6:10-6:40 - DL	6:10-6:40 - DL			5:30-6:00 - DL	
Junior 1&2	PM/SAT	6:45-8:00	6:45-8:00	6:30-8:00	6:30-8:00	6:00-7:30	8:15-10:00
	DL/MTG	6:10-6:40 - DL	6:10-6:40 - DL			5:30-6:00 - DL	

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