

Holton-Arms Programs

Holton Arms begin September 10, 2018

Pool Coach: Micky Minutoli

Program	Day(s)	Practice Times: 9/10 – mid-Nov//mid-Feb – 5/24	Winter practice times: mid Nov – mid Feb	Coach
Select	M (St. Albans) T Th Th W (Wilson) Sat	5:00-6:30 AM 7:30-9:00 PM 4:00-6:00 PM 7:00-9:00 AM	5:00-6:30 AM 7:30-9:00 PM (7:30-8 PM – dryland) 5:00-6:30 AM 4:00-6:00 PM 7:00-9:00 AM	Malena Lair- Ferarri
Silver (13 & older)	T Th F Sat	7:30-9:00 PM 5:30-7:00 PM 9:00-10:00 AM	8:00-9:00 PM 6-7 or 7-8 (alternates)* 9:00-10:00 AM	Peter Karl
Bronze (11-14)	M W F	6:00-7:00 PM 6:00-7:00 PM 5:30-6:30 PM	6:30-7:30 PM 7:00-8:00 PM 6-7 or 7-8 (alternates)*	Micky Minutoli
Age Group 3 A	M W F	5:00-6:00 PM (6-6:30 PM dryland) 5:00-6:00 PM (6-6:30 PM dryland) 5:30-6:30 PM	5:30-6:30 PM 6:00-7:00 PM 6-7 pm or 7-8 pm (alternates)*	Peter Karl
Age Group 3 B	M W F	6:30-7:30 PM (6-6:30 PM dryland) 6:30-7:30 PM (6-6:30 PM dryland) 5:30-6:30 PM	6:30-7:30 PM 7:00-8:00 PM 6-7 pm or 7-8 pm (alternates)*	Peter Karl
Age Group 2 A	M W	5:00-6:00 PM 5:00-6:00 PM	5:30-6:30 PM 6:00-7:00 PM	Claire Li
Age Group 2 B	M W	6:00-7:00 PM 6:00-7:00 PM	6:30-7:30 PM 7:00-8:00 PM	Claire Li
Age Group 1	M W	5:00-6:00 PM 5:00-6:00 PM	5:30-6:30 PM 6:00-7:00 PM	Micky Minutoli

No swim dates will be posted as the 18-19 schedule is confirmed

*Winter Friday schedule will be published in fall 2018