



ZAP Team & Lessons Schedule

FALL	SEPTEMBER	OCTOBER	NOVEMBER	
Saturday	<div>Boston Sports Institute 900 Worcester St, Wellesley 12:30 Arrival 12:45-1:15 Dryland/Conditioning/Stretch 1:15-2:45 Dive Pool</div>			
Sunday	<div>Bentley University, Dana Athletic Center 175 Forest St, Waltham 11:45 Arrival 12:00-12:30 Dryland/Conditioning/Stretch/Trampoline 12:30-2:00 Dive Pool</div>			
WINTER	DECEMBER	JANUARY	FEBRUARY	
Monday	<div>Atkinson Pool 40 Fairbank Rd, Sudbury 4:45 Arrival 5:00-5:30 Dryland/Conditioning/Stretch 5:30-7:00 Dive Pool</div>			
Thursday	<div>Atkinson Pool 40 Fairbank Rd, Sudbury 4:45 Arrival 5:00-5:30 Dryland/Conditioning/Stretch 5:30-7:00 Dive Pool</div>			
Saturday	<div>Boston Sports Institute 900 Worcester St, Wellesley 12:30 Arrival 12:45-1:15 Dryland/Conditioning/Stretch 1:15-2:45 Dive Pool</div>	<div>Bentley University, Dana Athletic Center 175 Forest St, Waltham 11:45 Arrival 12:00-12:30 Dryland/Conditioning/Stretch/Trampoline 12:30-2:00 Dive Pool</div>		
Sunday		<div>Bentley University, Dana Athletic Center 175 Forest St, Waltham 11:45 Arrival 12:00-12:30 Dryland/Conditioning/Stretch/Trampoline 12:30-2:00 Dive Pool</div>		
SPRING	MARCH	APRIL	MAY	JUNE
Monday	<div>Atkinson Pool 40 Fairbank Rd, Sudbury 3:45 Arrival 4:00-4:30 Dryland/Conditioning/Stretch 4:30-6:00 Dive Pool</div>			
Thursday	<div>Atkinson Pool 40 Fairbank Rd, Sudbury 3:45 Arrival 4:00-4:30 Dryland/Conditioning/Stretch 4:30-6:00 Dive Pool</div>			
Saturday	<div>Bentley University, Dana Athletic Center 175 Forest St, Waltham 11:45 Arrival 12:00-12:30 Dryland/Conditioning/Stretch/Trampoline 12:30-2:00 Dive Pool</div>			
Sunday	<div>Bentley University, Dana Athletic Center 175 Forest St, Waltham 11:45 Arrival 12:00-12:30 Dryland/Conditioning/Stretch/Trampoline 12:30-2:00 Dive Pool</div>			

PLEASE NOTE:
ADDITIONAL
DATES, TIMES, AND
LOCATIONS MAY
BE ADDED!

Schedules are subject to change: ALWAYS refer to TeamSnap for the most current schedule information!