

Weekly Team Lesson Schedule - Check when your favourite Team is out on the water

	Sunday	Monday	Tuesday	Wednesday	Thursday
5:00 PM				Thunder Dragons	Lift What's Draggin'
5:15 PM		Blazing Paddles		Blazing Paddles	
5:45 PM			Women on Fire		
6:00 PM		Knotty Pacers	Stroke of Luck		Knotty Pacers
			Sonar Dragons		Stroke of Luck
6:15 PM		Dragon in the Drink		Dragon in the Drink	
7:00 PM			Valley Vixens	High Frequency	Valley Vixens
			Lift What's Draggin'		