## 2023-2024 Practice Schedule (updated Feb 20, 2024)

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	Important Dates	MON	TUE	WED	THU	FRI	SAT
	FALL						
11U Co-ed	Oct 3-Dec 16						
	WINTER		6:30pm-7:30pm or 7:30pm-8:30pm St.				9:00am-10:00am
1-2x/week	Jan 9-Apr 27		James Assiniboia				Sherbrook Pool
Sep 2023 - Apr 2024 (born in 2013 & younger)	SPRING		Centennial Pool				
	May 7-Jun 25						
	FALL						
1011 Bayo 9 Cirlo	Sep 25-Dec 16						
13U Boys & Girls	WINTER	6:00pm-7:30pm		5:00pm-6:30pm			10:00am-12:00pm
2-3x/week	Jan 9-Apr 27	CKRC Group 1		Pan Am Pool Group 2			Sherbrook Pool Grou 1 & 2
Sep 2023 - Apr 2024 (born in 2011-2013)	SPRING						1 & 2
	May 8-Jun 26						
15H Pava	FALL						
15U Boys	Sep 11-Dec 22	5:00pm-7:00pm		6:00pm-8:00pm		5:00pm-7:00pm	
3x/week	WINTER/SPRING	Pan Am Pool		Pan Am Pool		Pan Am Pool	
Sep 2023 - May 2024 (born in 2009-2011)	Jan 8-May 31						
15U Povo	FALL						
15U+ Boys	Sep 11-Dec 22	5:00pm-7:30pm		6:00pm-8:30pm		5:00pm-7:30pm	1:00pm-3:30pm
4x/week	WINTER/SPRING	Pan Am Pool		Pan Am Pool		Pan Am Pool	Pan Am Pool
Sep 2023 - May 2024 (born in 2009-2011)	Jan 8-May 31						
15U Girls	FALL						
150 Giris	Sep 11-Dec 22		5:00pm-7:00pm		5:00pm-7:00pm		2:30pm-5:00pm
3x/week	WINTER		Pan Am Pool		Pan Am Pool		Pan Am Pool
Sep 2023 - May 2024 (born in 2009-2011)	Jan 8-May 31						
15U+ Girls	FALL						
130+ Gills	Sep 11-Dec 22		5:00pm-7:30pm		5:00pm-7:30pm	5:30pm-8:00pm	2:30pm-5:00pm
4x/week	WINTER		Pan Am Pool		Pan Am Pool	Pan Am Pool	Pan Am Pool
Sep 2023 - May 2024 (born in 2009-2011)	Jan 8-May 31						
17U/19U	FALL						
Competitive Boys	Sep 11-Dec 22	7:00pm-9:30pm	7:00pm-9:30pm		7:00pm-9:30pm	7:00pm-9:30pm	1:00pm-3:30pm
	WINTER/SPRING	Pan Am Pool	Pan Am Pool		Pan Am Pool	Pan Am Pool	Pan Am Pool
5x/week		1 4174111 301	1 417 411 7 661		7 417 4117 661	1 417 1111 301	T dil Aill T doi
Sep 2023 - May 2024 (born in 2005-2009)	Jan 8-May 31						
17U/19U	FALL						
Competitive Girls	Sep 11-Dec 22		7:00pm-9:30pm	7:00pm-9:30pm	5:30pm-8:00pm	5:30pm-8:00pm	2:30pm-5:00pm
5x/week	WINTER/SPRING		Pan Am Pool	Pan Am Pool	Pan Am Pool	Pan Am Pool	Pan Am Pool
Sep 2023 - May 2024 (born in 2005-2009)	Jan 8-May 31						
High School	FALL						
	Sep 11-Dec 22		8:00pm-9:30pm			5:00pm-7:00pm	
Recreation Boys	·						
2x/week	WINTER/SPRING		Pan Am Pool			Pan Am Pool	
Sep 2023 - May 2024 (born in 2006-2009)	Jan 8-May 31						
High School	FALL						
Recreation Girls	Sep 11-Dec 22			8:00pm-9:30pm			2:30pm-5:00pm
2x/week	WINTER/SPRING			Pan Am Pool			Pan Am Pool
	Jan 8-May 31						
Sep 2023 - May 2024 (born in 2006-2009)	FALL						
Adults/Masters	Sep 11-Dec 22	Men's Scrimmage	Women's Scrimmage		Co-ed Scrimmage		
	WINTER/SPRING	8:00pm-9:30pm Pan	8:00pm-9:30pm Pan Am Pool		8:00pm-9:30pm Pan		
Sep 2023 - June 2024		Am Pool	74111 001		Am Pool		
	Jan 8-Jun 27						