

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

	Important Dates	MON	TUE	WED	THU	FRI	SAT
11U Co-ed 1-2x/week Sep 2023 - Apr 2024 (born in 2013 & younger)	FALL Oct 3-Dec 16 WINTER Jan 9-Apr 27 SPRING May 7-Jun 25		6:30pm-7:30pm or 7:30pm-8:30pm St. James Assiniboia Centennial Pool				9:00am-10:00am Sherbrook Pool
13U Boys & Girls 2-3x/week Sep 2023 - Apr 2024 (born in 2011-2013)	FALL Sep 25-Dec 16 WINTER Jan 9-Apr 27 SPRING May 8-Jun 26	6:00pm-7:30pm CKRC Group 1		5:00pm-6:30pm Pan Am Pool Group 2			10:00am-12:00pm Sherbrook Pool Group 1 & 2
15U Boys 3x/week Sep 2023 - May 2024 (born in 2009-2011)	FALL Sep 11-Dec 22 WINTER/SPRING Jan 8-May 31	5:00pm-7:00pm Pan Am Pool		6:00pm-8:00pm Pan Am Pool		5:00pm-7:00pm Pan Am Pool	
15U+ Boys 4x/week Sep 2023 - May 2024 (born in 2009-2011)	FALL Sep 11-Dec 22 WINTER/SPRING Jan 8-May 31	5:00pm-7:30pm Pan Am Pool		6:00pm-8:30pm Pan Am Pool		5:00pm-7:30pm Pan Am Pool	1:00pm-3:30pm Pan Am Pool
15U Girls 3x/week Sep 2023 - May 2024 (born in 2009-2011)	FALL Sep 11-Dec 22 WINTER Jan 8-May 31		5:00pm-7:00pm Pan Am Pool		5:00pm-7:00pm Pan Am Pool		2:30pm-5:00pm Pan Am Pool
15U+ Girls 4x/week Sep 2023 - May 2024 (born in 2009-2011)	FALL Sep 11-Dec 22 WINTER Jan 8-May 31		5:00pm-7:30pm Pan Am Pool		5:00pm-7:30pm Pan Am Pool	5:30pm-8:00pm Pan Am Pool	2:30pm-5:00pm Pan Am Pool
17U/19U Competitive Boys 5x/week Sep 2023 - May 2024 (born in 2005-2009)	FALL Sep 11-Dec 22 WINTER/SPRING Jan 8-May 31	7:00pm-9:30pm Pan Am Pool	7:00pm-9:30pm Pan Am Pool		7:00pm-9:30pm Pan Am Pool	7:00pm-9:30pm Pan Am Pool	1:00pm-3:30pm Pan Am Pool
17U/19U Competitive Girls 5x/week Sep 2023 - May 2024 (born in 2005-2009)	FALL Sep 11-Dec 22 WINTER/SPRING Jan 8-May 31		7:00pm-9:30pm Pan Am Pool	7:00pm-9:30pm Pan Am Pool	5:30pm-8:00pm Pan Am Pool	5:30pm-8:00pm Pan Am Pool	2:30pm-5:00pm Pan Am Pool
High School Recreation Boys 2x/week Sep 2023 - May 2024 (born in 2006-2009)	FALL Sep 11-Dec 22 WINTER/SPRING Jan 8-May 31		8:00pm-9:30pm Pan Am Pool			5:00pm-7:00pm Pan Am Pool	
High School Recreation Girls 2x/week Sep 2023 - May 2024 (born in 2006-2009)	FALL Sep 11-Dec 22 WINTER/SPRING Jan 8-May 31			8:00pm-9:30pm Pan Am Pool			2:30pm-5:00pm Pan Am Pool
Adults/Masters Sep 2023 - June 2024	FALL Sep 11-Dec 22 WINTER/SPRING Jan 8-Jun 27	Men's Scrimmage 8:00pm-9:30pm Pan Am Pool	Women's Scrimmage 8:00pm-9:30pm Pan Am Pool		Co-ed Scrimmage 8:00pm-9:30pm Pan Am Pool		