



2025 Fall Practice Schedule

August 18 – end of CIF Water Polo season

TRAINING SQUAD	FREQUENCY	DAY(S)	TIME
Bronze	Offered 3x/week Recommended 2x/week	Mon, Wed, Fri	5:45-6:30 PM
Silver	Offered 3x/week Recommended 2-3x/week	Mon, Wed, Fri	6:30-7:30 PM
Gold	Offered 5x/week Recommended 4-5x/week	Mon - Fri	6:00-7:30 PM
Senior Prep	Offered 6x/week Recommended 4-6x/week	Mon – Fri Sat	4:30-6:00 PM 10:00-11:30 AM
B-Team	Offered 8x/week Recommended 3-8x/week	Mon - Fri Mon & Wed Sat	6:00-8:00 AM 4:15-5:30 PM 8:00-11:00 AM
MASTERS	Offered 6x/week	Mon-Fri Sat	6:00-7:00 AM 7:00 -8:00 AM

All practices at East Side Aquatics Center

Practice times and locations are subject to change! Please check the website frequently for changes and updates. Some practices may be cancelled/rescheduled due to conflicts with high school events. Refunds are not available for cancelled or rescheduled practices.