

2024-25 Season						
Program	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
ILWP PUPS (5-7-year-olds) 1x/week			6:30-7:10 pm (U of R) Shallow pool			
ILWP SEALS (8-10-year-olds) 1x/week or 2x/week			6:30-7:10 pm (U of R) Shallow or Deep pool	7:30-8:10pm (U of R) Deep pool only	Option for Recreational League Games at U of R: Destroyers 7:00-7:45	1:30-2:10pm 2:15-2:55pm (U of R) Deep pool only
Semi-Comp U of R 2 practices/week			7:00-8:30pm (U of R)		Option for Recreational League Games at U of R: Destroyers 7:00-7:45 or Tankers 7:50-8:35	BOYS - 4:00-5:30pm GIRLS - 5:30-7:00 pm (Lawson)
Semi-Comp Lawson 2 practices/week				4:00-5:30 pm (Lawson)	Option for Recreational League Games at U of R: Destroyers 7:00-7:45 or Tankers 7:50-8:35	BOYS - 4:00-5:30pm GIRLS - 5:30-7:00 pm (Lawson)
Sailors 1 practice/week			7:15 - 8:30 pm (U of R)		Option for Recreational League Games at U of R: Destroyers 7:00-7:45 or Tankers 7:50-8:35	
Admiral 3 practices/week		4:00-5:30pm (Lawson)		4:00-5:30pm (Lawson)	Option for Recreational League Games at U of R: Tankers 7:50-8:35	GIRLS 5:30-7:00pm BOYS 7:00-8:30 (Lawson)
Battleship Girls 4 practices/week	7:00-8:30pm (Lawson)	4:00-5:30pm (Lawson)		4:00-5:30pm (Lawson)	Option for Recreational League Games at U of R: Tankers 7:50-8:35	5:30-7:00 pm (Lawson)
Battleship Boys 4 practices/week		4:00-5:30pm (Lawson)	7:00-8:30pm (Lawson)	4:00-5:30pm (Lawson)	Option for Recreational League Games at U of R: Tankers 7:50-8:35	7:00 - 8:30pm (Lawson)
Elite Women 4 practices/week	7:00-8:30pm (Lawson)	8:30-10:30pm (Lawson)	8:30-10:00pm (Lawson)	8:30-10:30pm (Lawson)	Option for Recreational League Games at U of R: Tankers 7:50-8:35 or Schooners 8:40-9:25	
Elite Men 4 practices/week	8:30-10:00pm (Lawson)	8:30-10:30pm (Lawson)	7:00-8:30pm (Lawson)	8:30-10:30pm (Lawson)	Option for Recreational League Games at U of R: Tankers 7:50-8:35 or Schooners 8:40-9:25	
CAP Women 2 practices/week	7:00-8:30pm (Lawson)		8:30-10:00pm (Lawson)		Option for Recreational League Games at U of R: Schooners 8:40-9:25	
CAP Men 2 practices/week	8:30-10:00pm (Lawson)		7:00-8:30pm (Lawson)		Option for Recreational League Games: Schooners 8:40-9:25	
Schooner - Recreational Adult Water Polo					Recreational League Games at U of R: Schooners 8:40-9:25	