



Vortex Practice Schedule 2025-26

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
8U Co-ed (Born in 2018-2020)		6:30 PM - 7:30 PM St. James Assiniboia Centennial Pool				9:00 AM - 10:00 AM Kinsmen Sherbrook Pool	
10U Co-ed (born in 2016-2017)		7:30 PM - 8:30 PM St. James Assiniboia Centennial Pool				9:00 AM - 10:00 AM Kinsmen Sherbrook Pool	
12U Co-ed (born in 2014-2015)	6:00 PM - 7:30 PM Cindy Klassen Recreation Complex (CKRC)			5:00 PM - 6:30 PM Pan Am Pool		10:00 AM - 12:00 PM Kinsmen Sherbrook Pool	
14U Boys (born in 2012-2013)	6:00 PM - 8:00 PM Pan Am Pool - main tank (6:00pm-6:30pm Dryland Training)		5:00 PM - 7:00 PM Pan Am Pool - main tank (6:30pm-7:00pm Dryland Training)	***SPECIAL PRACTICE*** BY INVITE ONLY 6:30 PM - 8:00 PM Pan Am Pool (Pool Only)	5:00 PM - 7:00 PM Pan Am Pool - main tank (Pool Training Only)		
14U Girls (born in 2012-2013)	5:00 PM - 7:00 PM Pan Am Pool - main tank (6:30pm-7:00pm Dryland Training)		6:00 PM - 8:00 PM Pan Am Pool - main tank (6:00pm-6:30pm Dryland Training)		5:00 PM - 7:00 PM Pan Am Pool - main tank (Pool Training Only)	***SPECIAL PRACTICE*** BY INVITE ONLY 1:00 PM - 3:00 PM Pan Am Pool (Pool Only)	
16U-18U Recreation Boys (born in 2008-2011)		6:30 PM - 8:00 PM Pan Am Pool		6:30 PM - 8:00 PM Pan Am Pool			
16U-18U Recreation Girls (born in 2008-2011)		6:30 PM - 8:00 PM Pan Am Pool				1:00 PM - 3:00 PM Pan Am Pool	
16U-18U Competitive Boys (born in 2008-2011)	7:00 PM - 9:30 PM Pan Am Pool (7:00pm-8:00pm Dryland Training)	7:00 PM - 9:30 PM Pan Am Pool (7:00pm-8:00pm Dryland Training)		[16U practice 5:30 PM - 8:00 PM] 7:00 PM - 9:30 PM Pan Am Pool (7:00pm-8:00pm Dryland Training)	7:00 PM - 9:30 PM Pan Am Pool (Pool Training Only)	2:00 PM - 5:00 PM Pan Am Pool (2:00pm-3:00pm Dryland Training)	
16U-18U Competitive Girls (born in 2008-2011)	7:00 PM - 9:30 PM Pan Am Pool (7:00pm-8:00pm Dryland Training)	7:00 PM - 9:30 PM Pan Am Pool (7:00pm-8:00pm Dryland Training)	7:00 PM - 9:30 PM Pan Am Pool (7:00pm-8:00pm Dryland Training)		7:00 PM - 9:30 PM Pan Am Pool (Pool Training Only)	12:00 PM - 3:00 PM Pan Am Pool (12:00pm-1:00pm Dryland Training)	
Adult Programs (18+ years old)		Open Women's Scrimmage 8:00 PM - 9:30 PM Pan Am Pool		Open Men's Scrimmage 8:00 PM - 9:30 PM Pan Am Pool			