



2025-2026 Water Polo Training Schedule – LONDON ONLY

CGAC = Canada Games Aquatic Centre	BLUE = WATER POLO
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INTRO TO WATER POLO GROUP:

- Learn To Play Water Polo & Have Fun!

Ages 5-10 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
PM			6:00pm-6:45pm @ CGAC				

REC WATER POLO WEEKDAY EVENINGS GROUP:

- Keep Fit & Have Fun!

Ages 9-17 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
PM			6:30pm-7:30pm @ CGAC				

REC WATER POLO WEEKENDS GROUP:

- Keep Fit & Have Fun!

Ages 9-17 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
PM							5:30pm-7:00pm @ CGAC

SILVER WATER POLO GROUP:

- Technical Skills
- Stroke Enhancement
- Introduction to Training

Ages 9-13 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
PM			6:30pm-7:30pm @ CGAC				5:30pm-7:00pm @ CGAC



FUTURE MUSTANGS WATER POLO GROUP:

- Advanced Skills
- Mastery of Stroke Mechanics
- Enhanced Training

Ages 13-18 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
PM			6:30pm-7:30pm @ CGAC				5:30pm-7:00pm @ CGAC

MASTERS WATER POLO GROUP:

- Play Water Polo
- Keep Fit & Stay Healthy
- Have Fun!

Available options:

1. **1 Practice A Week ONLY** = (select the practice that you wish to attend)
2. **Wednesdays and Sundays**

Ages 16 years old or older:

	MON	TUE	WED	THURS	FRI	SAT	SUN
PM			6:30pm-7:30pm @ CGAC				5:30pm-7:00pm @ CGAC