



2025 Water Polo Summer Training Schedule – July 7th to August 11th

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

- Learn To Play Water Polo & Have Fun!
- Ages 5-10 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
PM	5:30pm-6:15pm @ CGAC						

REC SUMMER WATER POLO:

- Keep Fit
 - Improve Your Technique
 - Stay Healthy
 - Have Fun!
- Ages 10-99+ years old:

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