

PRACTICE SCHEDULE

Effective 5/01/2025

BEGINNER NOVICE

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
RA	3:30-4:00pm 4:00-4:30pm			RA	3:30-4:00pm 4:00-4:30pm			RA	3:30-4:00pm 4:00-4:30pm	RA	9:00-9:30am 9:30-10:00am
		RA	3:30-4:00pm			RA	3:30-4:00pm				

ADVANCED NOVICE

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
RA	4:30-5:30pm A	RA	4:00-5:00 pm B	RA	4:30-5:30pm A	RA	4:00-5:00 pm B	RA	4:30-5:30pm A	RA	10:00-11:00am B

RED

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
RA	5:30-7:00 RA	RA	5:00-6:30pm	PW	6:15-7:45pm	RA	5:00-6:30pm	4S	4:00-5:30pm		

BLUE

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
4S	3:30-5:30pm	4S	3:30-5:30pm	4S	3:30-5:30pm	4S	3:30-5:30pm	4S	3:30-5:30		

BRONZE 1

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
4S	6:30-7:30pm A 7:30-8:30pm B	RA	6:30-7:30pm B 7:30-8:30pm A	4S	6:30-7:30pm A 7:30-8:30pm B	RA	6:30-7:30 B 7:30-8:30 A				

BRONZE COMP

Pool	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
RA	7:00-8:30 RA	4S	6:30-8:00pm	RA	5:30-7:00pm	4S	6:30-8:00pm	RA	5:30-7:00pm		

Rancho Arbolitos
14343 Silverset St

4S Ranch
16118 4S Ranch Parkway

Poway Community
13094 Civic Center Dr