



**Fall Practice Schedule
Starts August 18th**

Group	Days	Time	Location
Junior Silver	Mon/Wed Tues/Thur	4:00-5:15 pm 5:00-6:15 pm	El Cajon High Montgomery Middle
Junior Gold	Mon/Wed Tues/Thur Sat	4:00-5:30 pm 5:00-6:30 pm 8:00-9:30 am	El Cajon High Montgomery Middle El Cajon High
Silver	Mon/Wed Tues/Thur Fri	4:00-5:30 pm 5:00-6:30 pm 4:45-6:30 pm	El Cajon High Montgomery Middle El Cajon High
Gold	Mon-Fri Sat	4:45-7:00 pm 8:00-10:00 am	El Cajon High El Cajon High
Senior Development & 13 & over Fall Special	Mon-Thur Sat (optional)	4:45-7:00 pm 8:00-10:00 am	El Cajon High El Cajon High
Senior	Mon-Fri Sat	4:45-7:00 pm 8:00-10:00 am	El Cajon High El Cajon High
Montgomery 12 & Under Fall Special	Mon/Wed Fri	5:00-6:15 pm 4:00-5:15 pm	Montgomery Middle El Cajon High
ECVHS 12 & Under Fall Special	Tue/Thur/Fri	4:00-5:15 pm	El Cajon High
Masters	Mon/Wed/Fri Sat	5:15-6:45 am 7:45-9:00 am	Grossmont High El Cajon High

*Please note practice times are subject to change and are dependent on pool technical difficulties