



**Winter Practice Schedule  
Starts December 1st**

| <b>Group</b>       | <b>Days</b>                                 | <b>Time</b>   | <b>Location</b> |
|--------------------|---------------------------------------------|---------------|-----------------|
| Junior Silver      | Mon-Thur                                    | 4:00-5:15 pm  | El Cajon High   |
|                    | Fri ( <i>optional make up practice</i> )    | 4:30-5:30 pm  | El Cajon High   |
| Junior Gold        | Mon-Thur                                    | 4:00-5:30 pm  | El Cajon High   |
|                    | Friday ( <i>optional make up practice</i> ) | 4:30-5:30 pm  | El Cajon High   |
|                    | Sat                                         | 8:00-9:30 am  | El Cajon High   |
| Silver             | Mon-Thur                                    | 4:00-5:30 pm  | El Cajon High   |
|                    | Fri                                         | 4:30-5:30 pm  | El Cajon High   |
| Gold               | Mon-Thur                                    | 4:45-7:00 pm  | El Cajon High   |
|                    | Fri                                         | 4:30-6:30 pm  | El Cajon High   |
|                    | Sat                                         | 8:00-10:00 am | El Cajon High   |
| Senior Development | Mon-Thur                                    | 4:45-7:00 pm  | El Cajon High   |
|                    | Sat ( <i>optional</i> )                     | 8:00-10:00 am | El Cajon High   |
| Senior             | Mon-Thur                                    | 4:45-7:00 pm  | El Cajon High   |
|                    | Fri                                         | 4:30-6:30 pm  | El Cajon High   |
|                    | Sat                                         | 8:00-10:00 am | El Cajon High   |
| Masters            | Mon/Wed/Fri                                 | 5:15-6:45 am  | Grossmont High  |
|                    | Sat                                         | 7:45-9:00 am  | El Cajon High   |

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