

\*\* Please confirm times on the water polo website

<http://www.reginawaterpolo.com/>

<b>COMPETITIVE PROGRAMS (September to March)</b>						
<b>LEVEL</b>	<b>AGE</b>	<b>START DATE</b>	<b>PRACTICES</b>			<b>Hours per Week</b>
<b>Atom (U12)</b>	Born 1998 and Later	September 10	Thurs 4-6 pm Sat 6-8 pm Sun 6-7 pm ML	Lawson U of R Lawson		4 hour practice + 1 hour Minor League game
<b>Bantam (U14)</b>	Born in 1996 and 1997	September 9	Mon 7 pm +/- *** Wed 5:30-7:30 pm Thurs 4-6 pm Sun 7-8 pm ML	Lawson U of R Lawson Lawson		4 hour practice + 1 hour Minor League game
<b>Cadet (U16) &amp; Youth (18) Boys</b>	Born in 1992 - 1995	September 8	Mon 7:30-10 pm Wed 7:30-9:30 pm Or 8:30 - 10:30 pm** Thurs 8:30 - 10 pm	Lawson Lawson Lawson		6 hours practice
<b>Cadet (U16) &amp; Youth (18) Girls</b>	Born in 1992 - 1995	September 8	Mon 7:30-10 pm Wed 7:30-9:30 pm Or 8:30 - 10:30 pm** Thurs 8:30 - 10 pm	Lawson Lawson Lawson		6 hours practice
<b>Senior (Open)</b>	Born in 1991 and Earlier	September 8	Mon 7:30-10 pm Wed 7:30-9:30 pm Or 8:30 - 10:30 pm** Thurs 8:30 - 10 pm	Lawson Lawson Lawson		6 hours practice

\*\*\* Bantam players have the option (with Coach's recommendation) of joining Monday's Cadet practice

\*\* Each month switches as to who has the early practice (girls or boys)

7:30-9:30 pm: September, November, January and March for WOMEN  
October, December, February and April for MEN

8:30-10:30 pm: October, December, February and April for WOMEN  
September, November, January and March for MEN

### RECREATIONAL PROGRAMS [Sep-Mar] -I LOVE WATER POLO (ILWP) & ADULT REC

<b>LEVEL</b>	<b>AGE</b>	<b>START DATE</b>	<b>PRACTICES</b>			<b>Hours per Week</b>
<b>ILWP - U12</b>	Born 1998 and Later	September 19	Sat 6-7 pm Sun 6 - 7pm ML	U of R Lawson		1 hour practice + 1 hour Minor League game
<b>ILWP - 13 +</b>	Born in 1997 and Earlier	September 23	Wed 5:30-6:30 pm Sun 7 - 8 pm ML	U of R Lawson		1 hour practice + 1 hour Minor League game
<b>Masters</b>	Born in 1991 and Earlier	September 27	Sun 8-9 pm	Lawson		1 hour practice
<b>Masters +</b>	Born in 1991 and Earlier	September 23	Wed 7:30 - 10pm or 8:30-10:30 pm** Sun 8-9 pm	Lawson Lawson		3 hour practice

### RECREATIONAL PROGRAMS [Sep-Mar] - Open Men & Women Provincial Plays

<b>LEVEL</b>	<b>AGE</b>	<b>START DATE</b>	<b>Tentative Dates</b> (Please check On-Line Calander)	
<b>Open Men</b>	Born 1991 and Earlier	September 09	October 11, 2009 - Regina, SK January 31, 2010 - Regina, SK February 21, 2010 - Saskatoon, SK March 21, 2010 - Regina, SK	Four (4) Per Season
<b>Open Women</b>	Born 1991 and Earlier	September 09	October 04, 2009 - Regina, SK January 17, 2010 - Regina, SK February 07, 2010 - Saskatoon, SK March 07, 2010 - Regina, SK	Four (4) Per Season

ML = Minor League = Sunday evening games by Regina Water Polo