



COQUITLAM LIONS WATER POLO

SEPTEMBER/OCTOBER 2023 PRACTICE SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
9U (2015 and later)	4:30-5:30 p.m. PSLC Including Oct 1,8						4:30-5:30 p.m. PSLC Including Oct 7
11U (2013-2014)	4:30-5:30 p.m. PSLC Including Oct 1,8		7:30-8:30 p.m. Eagle Ridge Sept 19				4:30-5:30 p.m. PSLC Including Oct 7
13U (2011-2012)	5:30-6:30 p.m. PSLC Including Oct 1,8		7:30-8:30 p.m. Eagle Ridge Sept 19				5:30-6:30 p.m. PSLC Including Oct 7
15U (2009-2010)	6-8 p.m. Eagle Ridge Including Oct 1		7:30-8:30 p.m. Eagle Ridge Sept 12 & 26		7:30-9:30 p.m. Eagle Ridge		
17U/19U (2005-2008)	6-8 p.m. Eagle Ridge Including Oct 1		7:30-8:30 p.m. Eagle Ridge Sept 12 & 26		7:30-9:30 p.m. Eagle Ridge		

Swimming Pool

CCAC
Centennial
Eagle Ridge

Address

1210 Pinetree Way, Coquitlam
3050 Chester St, Port Coquitlam
2689 Guildford Way, Coquitlam

Swimming Pool

Hyde Creek
Spani
PSLC

Address

1379 Laurier Street, Port Coquitlam
655 Hillcrest Street, Coquitlam
620 Poirier Street, Coquitlam



COQUITLAM LIONS WATER POLO

OCTOBER 2023 PRACTICE SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
9U (2015 and later)	4:30-5:30 p.m. Eagle Ridge Oct 15, 22						4:30-5:30 p.m. Eagle Ridge Oct 14, 21
11U (2013-2014)	4:30-5:30 p.m. Eagle Ridge Oct 15, 22		8:15-9:15 p.m. CCAC Alternating Weeks Starting Oct 3				4:30-5:30 p.m. Eagle Ridge Oct 14, 21
13U (2011-2012)	5:30-6:30 p.m. Eagle Ridge Oct 15, 22		8:15-9:15 p.m. CCAC Alternating Weeks Starting Oct 3				5:30-6:30 p.m. Eagle Ridge Oct 14, 21
15U (2009-2010)	6-8 p.m. CCAC Starting Oct 8		8:15-9:15 p.m. CCAC Alternating Weeks Starting Oct 10		7:30-9:30 p.m. CCAC Practice Starting Oct 5		
17U/19U (2005-2008)	6-8 p.m. CCAC Starting Oct 8		8:15-9:15 p.m. CCAC Alternating Weeks Starting Oct 10		7:30-9:30 p.m. CCAC Practice Starting Oct 5		

Swimming Pool

CCAC
Centennial
Eagle Ridge

Address

1210 Pinetree Way, Coquitlam
3050 Chester St, Port Coquitlam
2689 Guildford Way, Coquitlam

Swimming Pool

Hyde Creek
Spani
PSLC

Address

1379 Laurier Street, Port Coquitlam
655 Hillcrest Street, Coquitlam
620 Poirier Street, Coquitlam



COQUITLAM LIONS WATER POLO

NOVEMBER 2023 TO APRIL 2024 PRACTICE SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
9U (2015 and later)	4:30-5:30 p.m. PSLC Starting Oct 29						4:30-5:30 p.m. PSLC Starting Oct 28
11U (2013-2014)	4:30-5:30 p.m. PSLC Starting Oct 29		8:15-9:15 p.m. CCAC Alternating Weeks				4:30-5:30 p.m. PSLC Practice Starting Oct 28
13U (2011-2012)	5:30-6:30 p.m. PSLC Starting Oct 29		8:15-9:15 p.m. CCAC Alternating Weeks				5:30-6:30 p.m. PSLC Practice Starting Oct 28
15U (2009-2010)	6-8 p.m. CCAC		8:15-9:15 p.m. CCAC Alternating Weeks		7:30-9:30 p.m. CCAC		
17U/19U (2005-2008)	6-8 p.m. CCAC		8:15-9:15 p.m. CCAC Alternating Weeks		7:30-9:30 p.m. CCAC		

Swimming Pool

CCAC
Centennial
Eagle Ridge

Address

1210 Pinetree Way, Coquitlam
3050 Chester St, Port Coquitlam
2689 Guildford Way, Coquitlam

Swimming Pool

Hyde Creek
Spani
PSLC

Address

1379 Laurier Street, Port Coquitlam
655 Hillcrest Street, Coquitlam
620 Poirier Street, Coquitlam