



# 12U - JUNIOR WAVES

## SWIM AND POLO

### (2013 and under)

#### **Junior Waves A - Fall 2024 Program Details (Fees: \$975)**

Practice Schedule:

- Mondays @ Nepean Sportsplex Pool 6:45pm - 8:15pm
- Wednesdays @ St-Laurent Complex Pool 7:30pm - 9:00pm
- Saturdays @ Brewer Pool 7:00pm - 8:30pm

#### **Junior Waves B - Fall 2024 Program Details (Fees: \$695)**

Practice Schedule:

- Mondays @ St-Laurent Complex Pool 7:15pm - 8:30pm
- Saturdays @ Brewer Pool 5:30pm - 7:00pm

#### **Junior Waves C - Fall 2024 Program Details (Fees: \$650)**

Practice Schedule:

- Fridays @ Brewer Pool 7:00pm - 8:15pm
- Sundays @ Splash Wave Pool 5:00pm - 6:15pm

First Week: Monday September 8, 2024

Last Week: Monday December 16, 2024

Registration Links:

- [Click for for Junior Waves A - Amilia registration](#)
- [Click for for Junior Waves B - Amilia registration](#)
- [Click for for Junior Waves C - Amilia registration](#)



# CAPITAL WAVE

## SWIMMING AND WATER POLO

[WWW.CAPITALWAVE.CA](http://WWW.CAPITALWAVE.CA)