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| Group | Day | Time | Location |
| FSS Grunion | Friday | 3:15–3:55 p.m. | @ BGC |
| Saturday & Sunday | 9:40–10:30 a.m. |
| FSS Corvina | Friday | 3:40–4:30 p.m. | @ BGC |
| Saturday & Sunday | 8:50–9:45 a.m. |
| FSS Leopard Shark | Friday | 4:15–5:15 p.m. | @ BGC |
| Saturday & Sunday | 8:00–8:55 a.m.  **or**  3:00–4:00 p.m. |
| Corvina | Monday through Thursday | 7:45–8:45 a.m. | @ BGC |
| Leopard Shark | Monday through Thursday | 7:45–8:45 a.m. | @ BGC |
| Red | Monday through Friday | 10:00–11:15 a.m. | @ BGC |
| White | Monday & Friday | 7:00–9:00 a.m. | @ BGC |
| Tuesday through Thursday | 9:00–11:00 a.m. | @ CCHS |
| Blue | Monday & Friday | 7:00–9:00 a.m. | @ BGC |
| Tuesday through Thursday | 9:00–11:15 a.m. | @ CCHS |
| FSS Seniors | Friday | 5:00–6:00 p.m. | @ BGC |
| Saturday & Sunday | 10:30–11:30 a.m. |
| Sr. Development | Monday through Thursday | 3:45–5:00 p.m. | @ BGC |
| Sr. Red | Monday through Friday | 8:25–10:15 a.m. | @ BGC |
| Sr. White & Blue | Monday & Friday | 6:45–9:30 a.m. | @ CCHS |
| Tuesday through Thursday | 6:45–9:30 a.m. | @ BGC |
| Saturday | 7:45–10:00 a.m. | @ CCHS |
| Sr. Champ Prep & Sr. Champ | Monday & Friday | 8:15–11:30 a.m. | @ CCHS |
| Tuesday through Thursday | 7:15–10:30 a.m. | @ CCHS |
| Tuesday through Thursday | 2:00–4:00 p.m. | @ BGC |
| Saturday | 7:45–10:00 a.m. | @ BGC |
| LPO Late Practice Option  Red & White | Monday through Thursday | 3:45–5:00 p.m. | @ BGC |
| LPO Late Practice Option  Blue & Sr. Red | Monday through Thursday | 3:45–5:30 p.m. | @ BGC |

BGC: Boys & Girls Club/RSD Home Facility - 533 Lomas Santa Fe Dr, Solana Beach, CA 92075

CCHS: Cathedral Catholic High School - 5555 Del Mar Heights Rd, San Diego, CA 92130