



# 2007-2008 Practice Schedule

Amended 9/20/07

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Group/Code	Days and times							Loc.
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Senior National</b> 9/17/07–11/5/07 & 2/18/08–6/17/08, *11/7/07–2/13/08, 6/18/08– 8/8/08 practices move to a 50-meter outdoor pool, location TBD								
SN Ages 13 and older	3:00–5:00pm		5:30–6:30am			5:30–6:30am	7:00–10:00am	GW
		4:30–6:30pm *5:30–7:30pm	4:30–6:00pm	4:30–6:00pm *5:30–7:30pm	4:30–6:00pm			MV
<b>Junior National</b> 9/17/07–11/5/07 & 2/18/08–6/17/08, *11/7/07–2/13/08, 6/18/08– 8/8/08 practices move to a 50-meter outdoor pool, location TBD								
JN Ages 11 and older	3:00–5:00pm		5:30–6:30am				7:00–9:00am	GW
		4:30–6:00pm *5:30–7:00pm		4:30–6:00pm *5:30–7:00pm	4:30–6:00pm			MV
<b>Fall Senior Development/HS Prep</b> 9/18/07–11/05/07								
FSD/HS Ages 12 and older			5:30–6:30am 3:30–5:00pm	5:30–6:30am 3:30–5:00pm	5:30–6:30am 3:30–5:00pm	5:30–6:30am 3:30–5:00pm		GW
<b>High School Season Maintenance</b> 11/07/07–2/13/08								
HSM				3:30–5:00pm				GW
<b>Spring Senior Dev/Summer Prep</b> 2/18/08–6/16/08								
SSD/SP Ages 12 and older			5:30–6:30am 3:30–5:00pm	5:30–6:30am 3:30–5:00pm	5:30–6:30am 3:30–5:00pm	5:30–6:30am		GW
<b>Age Group 1</b> 9/17/07–6/17/08 Offers 4 workouts a week, 6/18/08– 8/8/08 practices move to a 50-meter outdoor pool, location TBD								
AG 1 Benyard		6:15–8:00pm		6:15–8:00pm		6:15–8:00pm	7:00–9:00am	Ben.
AG 1 GW	3:00–5:00pm		5:00–6:45pm		5:00–6:45pm		7:00–9:00am	GW
<b>Age Group 2</b> 9/17/07–6/17/08 Offers 4 workouts a week, 6/18/08– 8/8/08 practices move to a 50-meter outdoor pool, location TBD								
AG 2 Benyard		6:30–8:00pm		6:30–8:00pm		6:30–8:00pm	7:00–8:45am	Ben.
AG 2 GW	3:00–4:30pm		5:15–6:45pm		5:15–6:45pm		7:00–8:45am	GW
<b>Age Group 3</b> 9/17/07–6/17/08 Offers 3 workouts a week, 6/18/08– 8/8/08 practices move to a 50-meter outdoor pool, location TBD								
AG 3 Benyard			6:00–7:30pm		6:00–7:30pm		9:00–10:00am	Ben.
AG 3 GW (plus one add'l practice @ Benyard)	3:30–5:00pm						8:30–10:00am	GW
<b>Age Group 4</b> 9/17/07–6/17/08 Offers 3 workouts a week, 6/18/08– 8/8/08 practices move to a 50-meter outdoor pool, location TBD								
AG 4 Benyard		5:30–6:30pm				5:30–6:30pm	9:00–10:00am	Ben.
AG 4 GW (plus one add'l practice @ Benyard)	4:00–5:00pm						9:00–10:00am	GW

Practice Schedule

Group/Code	Days and times							Loc.
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Early Release (8 months) Shark School 9/21/07-5/22/08</b>								
Early SS 1 (Ages 5-12)		1:30-2:15pm						MV
Early SS 2 (Ages 5-12)		2:15-3:00pm						MV
Early SS 3 (Ages 5-12)		1:30-2:15pm						Lee
Early SS 4 (Ages 5-12)		2:15-3:00pm						Lee
Early SS 5 (Ages 5-12)		1:30-2:15pm						S Run
Early SS 6 (Ages 5-12)		2:15-3:00pm						S Run
<b>Full Session (8 months) Shark School 9/21/07-5/22/08</b>								
FS SS 1 (8 and under)	4:15-5:00pm							Ben.
FS SS 2 (Ages 5-12)	5:00-6:00pm							Ben.
FS SS 3 (Ages 5-12)			6:00-7:00pm					MV
FS SS 4 (Ages 5-12)					6:00-7:00pm			MV
FS SS 5 (Ages 5-12)				5:30-6:30pm				Lee
FS SS 6 (Ages 5-12)				6:30-7:30pm				Lee
FS SS 7 (Ages 5-12)			5:30-6:30pm					GW
FS SS 8 (Ages 5-12)					5:30-6:30pm			GW
FS SS 9 (Ages 5-12)			6:30-7:30pm					GW
FS SS 10 (Ages 5-12)					6:30-7:30pm			GW
<b>Fall Session (7 weeks) Shark School 9/21/07-11/9/07</b>								
Fall SS 1 (8 and under)						5:00-5:45pm		GW
Fall SS 2 (Ages 5-12)						5:00-5:45pm		GW
Fall SS 3 (8 and under)						5:45-6:30pm		GW
Fall SS 4 (Ages 5-12)						5:45-6:30pm		GW
<b>Spring Session (3 months) Shark School 2/15/08-5/22/08</b>								
Spring SS 1 (8 and und.)						5:00-5:45pm		GW
Spring SS 2 (Ages 5-12)						5:00-5:45pm		GW
Spring SS 3 (8 and und.)						5:45-6:30pm		GW
Spring SS 4 (Ages 5-12)						5:45-6:30pm		GW
<b>Masters Swim Program 9/17/07-6/17/08, 6/18/08- 8/8/08 practices move to a 50-meter outdoor pool, location TBD</b>								
Masters-1		5:30-6:30am	5:30-6:30am	5:30-6:30am	5:30-6:30am	5:30-6:30am	7:00-9:00am	GW
Masters-2		7:00-8:00pm	6:30-7:30pm	7:00-8:00pm	7:00-8:00pm			GW

- Notes: 1. FBST reserves the right to cancel or consolidate groups based on the number of swimmers enrolled in each group.  
 2. Practice schedule may change during the holidays.

**Legend Practice Location**

Ben. - Benyaurd Indoor Pool, Fort Belvoir GW - George Washington Rec. Center	MV - Mount Vernon Rec. Center Lee - Lee District Rec. Center	S Run - South Run Rec. Center
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