



Senior National (9/13/10-6/21/11)

**8 Workouts per Week
Evening Workouts**

Days	Time	Location
Sunday	No Practice	
Mon - Thurs	4:30-6:30pm	MV
Friday	4:00-6:00pm	GW
Fri. Dec. 3- Jan. 28	5:15-6:30am	GW
Saturday	6:00-9:00am	GW

**Senior National
Morning Workouts**

Days	Time	Location
Monday – Friday 9/13/10-6/21/11	5:00-6:30am	S&H
Mon, Wed, Fri 9/13/10-5/27/11	5:15-6:30am	GW

Junior National (9/13/10-6/21/11) Pick Any 4

Days	Time	Location
Sunday	3:00-5:00pm	GW
Monday	7:00-8:30pm	Lee
Tuesday	5:30-7:00pm	MV
Wednesday	7:00-8:30pm	Lee
Thursday	5:30-7:00pm	MV
Friday	4:00-5:30pm	GW
Saturday	7:00-9:00am	GW

**Junior National
Morning Workouts**

Days	Time	Location
Monday – Friday 9/13/10-6/21/11	5:30-7:00am	S&H
Mon, Wed, Fri 9/13/10-5/27/11	5:15-6:30am	GW

Age Group I (9/20/10-6/21/11) Pick Any 4

Days	Time	Location
Sunday	3:00-4:30pm	GW
Monday	7:00-8:30pm	Lee
Tuesday	5:00-6:30pm	GW
Wednesday	7:00-8:30pm	Lee
Thursday	5:00-6:30pm	GW
Friday	4:00-5:30pm	GW
Saturday	8:00-9:30am	GW

Age Group I

Morning Workouts – Space is Limited

Days	Time	Location
Mon, Wed, Fri 9/13/10-5/27/11	5:15-6:30am	GW
Monday – Friday 9/13/10-6/21/11	5:45-7:15am	S&H
Tuesday & Thursday 9/13/10-6/21/11	6:00-7:30am	SR

Age Group II (9/20/10-6/21/11) Pick Any 4

Days	Time	Location
Sunday	3:00-4:15pm	GW
Monday	7:15-8:30pm	Lee
Tuesday	5:00-6:15pm	GW
Wednesday	7:15-8:30pm	Lee
Thursday	5:00-6:15pm	GW
Friday	4:00-5:15pm	GW
Saturday	8:00-9:15am	GW

Age Group II

Morning Workouts – Space is Limited

Days	Time	Location
Mon, Wed, Fri 9/13/10-5/27/11	5:15-6:30am	GW
Monday – Friday 9/13/10-6/21/11	5:45-7:00am	S&H
Tuesday & Thursday 9/13/10-6/21/11	6:00-7:15am	SR

Age Group III (9/20/10-6/21/11) Pick Any 3

Days	Time	Location
Sunday	3:00-4:15pm	GW
Monday	7:15-8:30pm	Lee
Tuesday	6:00-7:15pm	GW
Wednesday	6:00-7:15pm	Lee
Thursday	6:00-7:15pm	GW
Friday	4:00-5:15pm	GW
Saturday	8:45-10:00am	GW

Age Group III

Morning Workouts – Space is Limited

Days	Time	Location
Mon, Wed, Fri 9/13/10-5/27/11	5:15-6:30am	GW
Monday – Friday 9/13/10-6/21/11	6:00-7:15am	S&H
Monday – Friday 9/13/10-6/21/11	7:00-8:00am	SR



Age Group IV (9/20/10-6/21/11) Pick Any 3

Days	Time	Location
Sunday	3:00-4:00pm	GW
Monday	7:30-8:30pm	Lee
Tuesday	6:00-7:00pm	GW
Tuesday	6:30-7:30pm	Lee
Wednesday	No Practice	
Thursday	6:00-7:00pm	GW
Friday	4:00-5:00pm	GW
Saturday	9:00-10:00am	GW

**Age Group IV
Morning Workouts – Space is Limited
Pick Any 3 Days**

Days	Time	Location
Mon, Wed, Fri 9/13/10-5/27/11	5:30-6:30am	GW
Monday – Friday 9/13/10-6/21/11	6:30-7:30am	S&H
Monday – Friday 9/13/10-6/21/11	7:00-8:00am	SR

Fall Prep (9/28/10-11/04/10) Pick 1, 2, or 3

Days	Time	Location
Mon, Wed, Fri	5:30-6:30am	GW
Tuesday – Friday	4:00-5:00pm	GW

**Spring Summer Prep (02/15/11-05/26/11)
Pick 1, 2 or 3**

Days	Time	Location
Mon, Wed, Fri	5:30-6:30am	GW
Tuesday - Friday	4:00-5:00pm	GW

**Special Program 1 Day a Week
(09/20/10-05/20/11)**

Days	Time	Location
Friday	4:00-5:00pm	GW

Shark School (9/20/10-5/27/11) Pick 1, 2, or 3

Days	Time	Location
Sunday	4:00-5:00pm	GW
Monday	2:00-3:00pm	MV
Monday	2:00-3:00pm	SR
Monday	7:00-8:00pm	GW
Tuesday	6:30-7:30pm	GW
Wednesday	7:00-8:00pm	GW
Thursday	6:30-7:30pm	GW
Friday	4:00-4:45pm	GW
Friday	4:45-5:30pm	GW

**Shark School (9/20/10-5/27/11)
Morning Workouts**

Days	Time	Location
Monday - Friday	6:30-7:30am	S&H
Saturday	9:00-10:00am	GW

George Washington Rec Center (GW)

8426 Old Mt Vernon Road
Alexandria, VA 22309
703-780-8894

Mt Vernon Rec Center (MV)

2017 Belle View Blvd.
Alexandria, VA 22307
703-768-3224

Lee District Rec Center (Lee)

6601 Telegraph Road
Alexandria, VA 22310
703-922-9841

South Run Rec Center (SR)

7550 Reservation Drive
Springfield, VA 22153
703-866-0566

New Location!!!

Sport & Health (S&H)

3000 Sport & Health Dr.
Woodbridge, VA 22192
703-491-4126