



2011-2012 Practice Schedule

*The Most Convenient
Swim Team on the Planet!*

Senior National (9/12/11-6/19/12)

**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. 2- Jan. 27	5:00-6:30am	GW
Saturday	6:00-9:00am	GW

Senior National Morning Workouts

Days	Time	Location
Monday – Friday 9/12/11-5/25/12	5:00-6:30am	GW
Mon, Wed, Fri 9/12/11-6/19/12	4:30-6:00am	SR
Tues & Thurs 9/12/11-6/19/12	4:30-6:30am	SR

Junior National (9/12/11-6/19/12) *Pick Any 2-4*

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 *Pick Any 2-4*

Days	Time	Location
Monday – Friday 9/12/11-6/19/12	4:30-6:00am	SR
Mon, Wed, Fri 9/12/11-5/25/12	5:00-6:30am	GW

Age Group I (9/19/11-6/19/12) *Pick Any 2-4*

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	7:30-9:00am	GW

Age Group I Morning Workouts

New Program – Pick Any 2-4

Days	Time	Location
Mon, Wed, Fri 9/19/11-5/25/12	5:00-6:30am	GW
Monday – Friday 9/19/11-6/19/12	4:30-6:00am	SR

Age Group II (9/19/11-6/19/12) *Pick Any 2-4*

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	7:45-9:00am	GW

Age Group II Morning Workouts

New Program – Pick Any 2-4

Days	Time	Location
Mon, Wed, Fri 9/19/11-5/25/12	5:15-6:30am	GW
Mon, Wed, Fri 9/19/11-6/19/12	4:45-6:00am	SR
Tuesday & Thursday 9/19/11-6/19/12	6:00-7:15am	SR



2011-2012 Practice Schedule

*The Most Convenient
Swim Team on the Planet!*

Age Group III (9/19/11-6/19/12) *Pick Any 1-3*

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	7:45-9:00am	GW

Age Group III Morning Workouts *New Program - Pick Any 1-3*

Days	Time	Location
Mon, Wed, Fri 9/19/11-5/25/12	5:15-6:30am	GW
Mon, Wed, Fri 9/19/11-6/19/12	4:45-6:00am	SR
Tuesday & Thursday 9/19/11-6/19/12	6:00-7:15am	SR

Age Group IV (9/19/11-6/19/12) *Pick Any 1-3*

Days	Time	Location
Sunday	3:00-4:00pm	GW
Monday	2:00-3:00pm	MV
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	8:00-9:00am	GW

Age Group IV Morning Workouts *New Program - Pick Any 1-3 Days*

Days	Time	Location
Mon, Wed, Fri 9/19/11-5/25/12	5:30-6:30am	GW
Mon, Wed, Fri 9/19/11-6/19/12	5:00-6:00am	SR
Mon, Wed, Fri 9/19/11-6/19/12	7:00-8:00am	SR

Fall Prep (9/27/11-11/3/12) *Pick 1, 2, or 3*

Days	Time	Location
Sunday	4:00-5:00pm	GW
Monday - Friday	5:00-6:00am	SR
Mon, Wed, Fri	5:30-6:30am	GW
Tuesday - Friday	4:00-5:00pm	GW
Tuesday & Thursday	7:30-8:30pm	Lee
Saturday	8:00-9:00am	GW

Spring Summer Prep (02/14/12-05/24/12) *Pick 1, 2 or 3*

Days	Time	Location
Sunday	4:00-5:00pm	GW
Monday - Friday	5:00-6:00am	SR
Mon, Wed, Fri	5:30-6:30am	GW
Tuesday - Friday	4:00-5:00pm	GW
Mon & Wed	7:00-8:00pm	GW
Saturday	8:00-9:00am	GW

Special Program 1 Day a Week (09/23/11-05/18/12)

Days	Time	Location
Sunday	4:00-5:00pm	GW
Monday - Friday	5:00-6:00am	SR
Tuesday - Friday	4:00-5:00pm	GW
Tues - Thurs No Practice 12/6/11-1/26/12	4:00-5:00pm	GW
Mon, Wed, Fri	7:00-8:00am	SR
Saturday	8:00-9:00am	GW

Shark School (9/19/11-5/25/12) *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
Tuesday	6:30-7:30pm	Lee
Wednesday	6:00-7:00pm	Lee
Wednesday	7:00-8:00pm	GW
Thursday	6:30-7:30pm	GW
Friday	4:00-4:45pm	GW
Friday	4:45-5:30pm	GW



2011-2012 Practice Schedule

*The Most Convenient
Swim Team on the Planet!*

Practice Locations

Shark School (9/19/11-5/25/12)

Morning Workouts - Pick 1, 2, or 3

Days	Time	Location
Monday	7:00-8:00am	SR
Wednesday	7:00-8:00am	SR
Friday	7:00-8:00am	SR
Saturday	8:00-9:00am	GW

Home School Program

Session #1

(9/12/11-11/18/11)

Days	Time	Location
Mon, Wed, Fri	1:00-2:00pm	Lee
Mon, Wed, Fri	1:00-2:00pm	AM

Home School Program

Session #2

(11/28/11-12/16/11 & 1/2/12-2/17/12)

Days	Time	Location
Mon, Wed, Fri	1:00-2:00pm	Lee
Mon, Wed, Fri	1:00-2:00pm	AM

Home School Program

Session #3

(3/5/12-5/18/12)

Days	Time	Location
Mon, Wed, Fri	1:00-2:00pm	Lee
Mon, Wed, Fri	1:00-2:00pm	AM

Home School Program:

Off all federal holidays, and off public school
spring-break April 2-6, 2012

For Home School Dues Schedule Visit:

<http://www.fbswim.org/hs-fees.html>

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

Audrey Moore (AM)

8100 Braddock Road
Annandale, VA 22003
703-321-7081

*Do you have an idea for a
new program design to fit
your needs?*

*We are willing to work
accommodations.*

Call Coach Mark:

703-627-4796