

2020-2021 Fort Belvoir Swim Team Indoor Practice Schedule

Group		AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SENIOR	SEPT 14-MAY 22	AM		5:00-6:30 GW		5:00-6:30 GW		6:00-8:00 GW	
		PM	4:30-6:30 MV	4:30-6:30 MV	4:30-6:30 MV	4:30-6:30 MV	4:00-6:00 GW		
	SENIOR: Last Indoor Practice Saturday at GWRC: 05/22/2021								
	FRIDAYS: 11/13-02/05 (1.5 HOURS DUE TO HS MEETS)								
JUNIOR	SEPT 14-MAY 23	AM		5:00-6:30 GW		5:00-6:30 GW		7:00-9:00 GW	
		PM	4:30-6:30 MV	5:30-7:00 MV	4:30-6:30 MV	5:30-7:00 MV	4:00-5:30 GW		3:00-5:00 GW
			7:00-8:30 LEE		7:00-8:30 LEE				
	JUNIOR: Last Indoor Practice Sunday at GWRC: 05/23/2021								
AGE GROUP 1	SEPT 21-MAY 22	AM		5:00-6:30 GW		5:00-6:30 GW		7:30-9:00 GW	
		PM		5:00-6:30 GW		5:00-6:30 GW	4:00-5:30 GW		
			7:00-8:30 LEE		7:00-8:30 LEE				3:00-4:30 GW
	AGE GROUP 1: Last Indoor Practice Sunday at GWRC: 05/23/2021								
AGE GROUP 2	SEPT 21-MAY 22	AM		5:00-6:15 GW		5:00-6:15 GW		7:45-9:00 GW	
		PM	7:15-8:30 LEE	5:00-6:15 GW	7:15-8:30 LEE	5:00-6:15 GW	4:00-5:15 GW		3:00-4:15 GW
	AGE GROUP 2: Last Indoor Practice Sunday at GWRC: 05/23/2021								
AGE GROUP 3	SEPT 21-MAY 22	AM		5:00-6:15 GW		5:00-6:15 GW		7:45-9:00 GW	
		PM	7:15-8:30 LEE	6:00-7:15 GW	7:15-8:30 LEE	6:00-7:15 GW	4:00-5:15 GW		3:00-4:15 GW
	AGE GROUP 3: Last Indoor Practice Sunday at GWRC: 05/23/2021								
AGE GROUP 4	SEPT 21-MAY 22	AM		5:30-6:30 GW		5:30-6:30 GW		8:00-9:00 GW	
			7:00-8:00 SR		7:00-8:00 SR		7:00-8:00 SR		
		PM	4:15-5:15 GW	6:00-7:00 GW	4:15-5:15 GW	6:00-7:00 GW	4:00-5:00 GW		3:00-4:00 GW
	7:30-8:30 LEE			7:30-8:30 LEE					
AGE GROUP 4: Last Indoor Practice Sunday at GWRC: 05/23/2021									
SHARK SCHOOL	SEPT 21-MAY 22	AM	7:00-8:00 SR		7:00-8:00 SR		7:00-8:00 SR	8:00-9:00 GW	
			4:15-5:15 GW		4:15-5:15 GW		4:00-4:45 GW		4:00-5:00 GW
		PM		6:30-7:30 GW		6:30-7:30 GW	4:45-5:30 GW		
			7:00-8:00 GW		7:00-8:00 GW				
				6:30-7:30 LEE	6:00-7:00 LEE				
SHARK SCHOOL: Last Indoor Practice Sunday at GWRC: 05/23/2021									
HOMESCHOOL (SESSION 1)	SEPT 14-NOV 20	AM	7:00-8:00 SR		7:00-8:00 SR		7:00-8:00 SR		
		PM	1:00-2:00 LEE		1:00-2:00 LEE		1:00-2:00 LEE		
NO PRACTICE: 10/12 (COLUMBUS DAY)									
HOMESCHOOL (SESSION 2)	NOV 30-DEC 18 JAN 04-FEB 19	AM	7:00-8:00 SR		7:00-8:00 SR		7:00-8:00 SR		
		PM	1:00-2:00 LEE		1:00-2:00 LEE		1:00-2:00 LEE		
	NO PRACTICE: 12/19-01/03 (HOLIDAY BREAK)								
	NO PRACTICE: 01/18 (MARTIN LUTHER KING DAY)								
NO PRACTICE: 02/15 (GEORGE WASHINGTON'S BIRTHDAY / PRESIDENT'S DAY)									
HOMESCHOOL (SESSION 3)	FEB 22-MAY 07	AM	7:00-8:00 SR		7:00-8:00 SR		7:00-8:00 SR		
		PM	1:00-2:00 LEE		1:00-2:00 LEE		1:00-2:00 LEE		
NO PRACTICE: 03/29-04/11 (SPRING BREAK)									
HIGH SCHOOL PREP/FALL PREP	SEP 21-OCT 31	AM		5:30-6:30 GW		5:30-6:30 GW		8:00-9:00 GW	
			7:00-8:00 SR		7:00-8:00 SR		7:00-8:00 SR		
		PM					4:00-5:00 GW		3:00-4:00 GW
	7:30-8:30 LEE			7:30-8:30 LEE					
PICK 1, 2, OR 3 DAYS									
SPRING/SUMMER PREP	FEB 15-MAY 20	AM		5:30-6:30 GW		5:30-6:30 GW		8:00-9:00 GW	
			7:00-8:00 SR		7:00-8:00 SR		7:00-8:00 SR		
		PM					4:00-5:00 GW		
	7:30-8:30 LEE			7:30-8:30 LEE				3:00-4:00 GW	
SPECIAL PROGRAM 1 DAY A WEEK	SEP 21-MAY 21	AM	7:00-8:00 SR		7:00-8:00 SR		7:00-8:00 SR	8:00-9:00 GW	
		PM				4:00-5:00 GW		3:00-4:00 GW	