

MACHINE AQUATICS

DULLES SOUTH LOCATION

2025-2026 SEASON INFORMATION



PRACTICE TIMES- GROUPS/TIMES CAN NOT BE MIXED

GROUP NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
DSO1 - SENIOR ORANGE	5:00- 7:00 AM	5:00- 7:00 AM		5:00- 7:00 AM	5:00- 7:00 AM	
DSS1 - SENIOR SILVER DSS2 - SENIOR SILVER	5:30 - 7:00 AM	6:00- 7:30 PM	5:30 - 7:00 AM	6:00- 7:30 PM		10:00 AM- 11:30 AM 10:00 AM- 11:30 AM
DSG - SENIOR GREEN	6:00- 7:30 PM		6:00- 7:30 PM			
DSHPO - HP ORANGE	5:00- 7:00 AM	5:00- 7:00 AM	5:00- 7:00 AM	5:00- 7:00 AM	5:00- 7:00 AM	8:00 - 10:00 AM
DSHPS1 - HP SILVER DSHPS2 - HP SILVER	5:30 - 7:00 AM	5:30 - 7:00 AM 6:00 - 7:45 PM	5:30 - 7:00 AM	5:30 - 7:00 AM 6:00 - 7:45 PM	5:30 - 7:00 PM	8:00 - 10:00 AM
DGS1 - GEARS SILVER DGS2 - GEARS SILVER	4:00- 5:15 PM	4:45- 6:15 PM	4:00- 5:15 PM	4:45- 6:15 PM	5:30- 6:45 PM	10:00- 11:30 AM
DGGM - GEARS GREEN DGGT - GEARS GREEN	5:00- 6:15 PM	4:00- 5:15 PM	5:00- 6:15 PM	4:00- 5:15 PM		
DS1 - MACHINE MAINTENANCE					4:30- 5:30 PM	
DTF1 - TECHNIQUE & FITNESS DTF2 - TECHNIQUE & FITNESS	6:15- 7:30 PM			6:15- 7:30 PM		