

2025 Holiday Practice Schedule

Below you will find the details for our Winter Practice Schedule. Unfortunately, due to the limited space and time that the facilities can offer us there will not be any 8 and under practices during the holiday break. These practices do not have an additional charge. If you have any questions please contact your site coach.

The codes below stand for the different winter practices that we will offer -

ALL SWIMMERS MUST ATTEND THE CORRECT PRACTICE AND LOCATION DURING WINTER PRACTICES

YHP1 – Practice is for Oakmont and Yorktown Morning Groups Only (OMUM & YTUM)

Location: Yorktown HS– Practice Days (December 22, 23, 24, 29, 30, 31 and January 2) 8:30am-11:00am

YHP2 – Practice is for Yorktown Afternoon and Yorktown Night Group Swimmers Only (YT4N, YT3A, YT2N)

Location: Wakefield HS – Practice Days (December 22, 23, 24, 29, 30, 31 and January 2)

- YT4N - Mon 12/22, Tues 12/23, Wed 12/24 | Mon 12/29, Wed 12/31, Fri 1/2 - 8:30-10:00am
- YT3A - Mon 12/22, Tues 12/23, Wed 12/24 | Mon 12/29, Wed 12/31, Fri 1/2 - 8:30-9:30am
- YT2N - Mon 12/22, Wed 12/23 | Mon 12/29, Wed 12/31 - 10:00-11:00am

YHP3 – Practice is for Oakmont Age Group (OM3A/OM2A/OM2B, OM2C) and Night Group Swimmers (OM4N) (Please no 8/u swimmers)

Location: Oakmont – Practice Days (December 22, 23, 24, 26, 29, 30, 31 and January 2)

- OM3A – Mon 12/22, Wed 12/24, Fri 12/26 | Mon 12/29, Wed 12/31, Fri 1/2 - 6:30-7:30am
- OM2A – Mon 12/22, Wed 12/24 | Mon 12/29, Wed 12/31 - 7:30-8:30am
- OM2B – Tue 12/23, Fri 12/26 | Tue 12/30, Fri 1/2 - 7:30-8:30am
- OM2C - Tue 12/23 6:30-7:30am, Wed 12/24 8:30-9:30am | Tue 12/30 6:30-7:30am, Wed 12/31 8:30-9:30am
- OM4N – Mon 12/22, Tues 12/23, Fri 12/26 | Mon 12/29, Tues 12/30, Fri 1/2 8 :30-9 :30am

YHP4 – Practice is for Reston and Renaissance Groups Only (RC2A/RC2B/RE4N/REUN/RE2A/RE2B/RE2C) (Please no 8/u swimmers)

Location: Renaissance - Practice Days (December 22, 23, 24, 26, 29, 30, 31 and January 2)

- RC2A – Mon 12/22, Wed 12/24 | Mon 12/29, Wed 12/31 9:30-10:30am (Combined with RE2A & RE2C)
- RC2B – Tue 12/23, Fri 12/26 | Tues 12/30, Fri 1/2 9:30-10:30am (Combined with RE2B)
- RE4N and REUN – Mon 12/22, Tues 12/23, Wed 12/24, Fri 12/26 | Mon 12/29, Tues 12/30, Wed 12/31, Fri 1/2 8:00-9:30am
- RE2A and RE2C - Mon 12/22, Wed 12/24 | Mon 12/29, Wed 12/31 - 9:30-10:30am
- RE2B - Tue 12/23, Fri 12/26 | Tues 12/30, Fri 1/2 9:30-10:30am

There will be regular Saturday practices on December 27th and January 3rd at Oakmont, Renaissance and Yorktown 6:00-8:00 am

Practices return to regular schedule on Monday, January 5, 2026 at Oakmont, Renaissance, Reston and Yorktown.

Oakmont Rec Center – 3200 Jermantown Road, Oakton, VA 22124

Renaissance – 2230 George C Marshall Drive, Falls Church, VA 22043 (please see entrance directions posted on the news page of our website should you need them).

Wakefield High School – 1325 S Dinwiddie Street, Arlington, VA 22204

Yorktown High School - 5200 Yorktown Blvd, Arlington, VA 22207