

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	DRYLAND
Minis	6:30-7:30 pm @ Prep		6:30-7:30 pm @ Prep		6-7 am @ Prep	12:30-1:30 pm @ Prep		
	Required Practice Attendance: 2x weekly			Fee: \$2,725				
Junior 2 (J2)	7:30-8:45 pm @ Prep		7:30-8:45 pm @ Prep			12-1:30 pm @ Prep	4-5:30 pm @ STA	
	Required Practice Attendance: 3x weekly			Fee: \$3,700				
Junior 1 (J1)	5:30-6:30 am @ Prep		7:30-8:45 pm @ Prep		4:30-6 pm @ IRC	10:30 am-12 pm @ Prep		
	Required Practice Attendance: 3x weekly			Fee: \$3,700				
Age Group Developmental (AGD)		4-6 pm @ IRC	6-7:30 pm @ Prep		5-6:30 am @ Prep	10 am - 12 pm @ IRC		M 6:30-7:30 pm
	Required Practice Attendance: 3x weekly			Fee: \$4,000				
L2	6-7:30 pm @ Prep		5-6:30 am @ Prep	4-6 pm @ IRC		12-2 pm @ IRC	12:30-2 pm @ Prep	F 6:15-7:15 pm
	Required Practice Attendance: 4x weekly			Fee: \$4,300				
L1	7:30-9 pm @ Prep	4-6 pm @ IRC	4-6 pm @ Prep (@ IRC winter)	5-6:30 am @ Prep		10:30 am - 12:30 pm @ Prep		Th 4:15-5:15 pm
	Required Practice Attendance: 5x weekly			Fee: \$4,750				
Senior Developmental (SD)	4-6 pm @ IRC	5-6:30 am @ Prep		7:30-9 pm @ Prep		10 am - 12 pm @ IRC	12:30-2 pm @ Prep	F 5:15-6:15 pm
	Required Practice Attendance: 4x weekly			Fee: \$4,300				
O	4-6 pm @ IRC	5-6:30 am @ Prep		7:30-9 pm @ Prep		10:30 am - 12:30 pm @ Prep	10 am - 12 pm @ IRC	F 5:15-6:15 pm
	Required Practice Attendance: 4x weekly			Fee: \$4,300				
T	4-6 pm @ Prep (@ IRC winter)	7:30-9 pm @ Prep	4-6 pm @ IRC	5-6:30 am @ Prep	6-8 pm @ Prep		10 am - 12 pm @ IRC	W 5:30-6:30 am & F 4:15-5:15 pm
	Required Practice Attendance: 6x weekly			Fee: \$5,050				

Training Locations

- Prep** Georgetown Prep: 10900 Rockville Pike, North Bethesda, MD 20852
- IRC** Inverness Recreation Club (Outdoors): 10820 Deborah Drive, Potomac, MD 20854
- STA** St. Albans Lawrence Pool: 3551 Garfield St. NW, Washington, DC 20007
- Dryland** Total Technique Training: 15151 Southlawn Lane Unit F Rockville, MD 20850