

	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	2 - 3 pm @ Prep		
	Required Practice Attendance: 2x weekly			Fee: \$2,800				
Junior	7:30-8:45 pm @ Prep		7:30-8:45 pm @ Prep			12:30-2 pm @ Prep	4-5:30 pm @ STA	
	Required Practice Attendance: 3x weekly			Fee: \$3,805				
Junior Select		7:30 - 8:45 pm @ Prep	7:30-8:45 pm @ Prep			12:30-2 pm @ Prep	4-5:30 pm @ STA	
	Required Practice Attendance: 3x weekly			Fee: \$3,805				
Age Group Advanced		4-6 pm @ WW	6-7:30 pm @ Prep	4-6 pm @ WW	5-6:30 am @ Prep	10 am - 12 pm @ WW		TBA
	Required Practice Attendance: 4x weekly			Fee: \$4,405				
Age Group Select	6-7:30 pm @ Prep		5-7 am @ Prep	4-6 pm @ WW		10 am - 12 pm @ WW	12:30-2 pm @ Prep	TBA
	Required Practice Attendance: 4x weekly			Fee: \$4,405				
Age Group Elite	7:30-9 pm @ Prep	4-6 pm @ WW	4-6 pm @ WW	5-7 am @ Prep		10:30 am - 12:30 pm @ Prep		TBA
	Required Practice Attendance: 5x weekly			Fee: \$4,870				
Senior		5-6:30 am @ Prep	8 - 9 pm @ Prep		4-6 pm @ WW	10:30 am - 12:30 pm @ Prep		TBA
	Required Practice Attendance: 3x weekly			Fee: \$4,105				
Senior Advanced	4-6 pm @ WW	5-6:30 am @ Prep		7:30-9 pm @ Prep		12-2 pm @ WW	12:30-2 pm @ Prep	TBA
	Required Practice Attendance: 4x weekly			Fee: \$4,405				
Senior Select	4-6 pm @ WW	5-6:30 am @ Prep		7:30-9 pm @ Prep	4-6 pm @ WW	10:30 am - 12:30 pm @ Prep	10 am - 12 pm @ WW	TBA
	Required Practice Attendance: 5x weekly			Fee: \$4,870				
Senior Elite	5-6:30 am @ Prep / 4-6 pm	7:30-9 pm @ Prep	4-6 pm @ WW	5-6:30 am @ Prep	6-8 pm @ Prep		10 am - 12 pm @ WW	TBA
	Required Practice Attendance: 7x weekly			Fee: \$5,170				

Training Locations

- Prep** Georgetown Prep: 10900 Rockville Pike, North Bethesda, MD 20852
- WW** Wildwood Manor Pool: 10235 Hatherleigh Drive, Bethesda MD 20814
- STA** St. Albans Lawrence Pool: 3551 Garfield St. NW, Washington, DC 20007
- Dryland** Total Technique Training: 15151 Southlawn Lane Unit F Rockville, MD 20850