



2021-2022 SCY Season Schedule:

High School Prep

Sunday:

- 10:00-11:30am @ QOSTC

Monday:

- 5:00-6:30am @ QOSTC (optional)**
- 8:00-9:00pm @ QOSTC

Tuesday:

- 3:30-5:00pm @ QOSTC (optional)

Wednesday:

- 5:00-6:30am @ QOSTC (optional)**
- 8:00-9:00pm @ QOSTC

Thursday:

- 5:00-6:30am @ QOSTC (optional) **
- 8:00-9:00pm @ QOSTC

Friday:

- OFF

Saturday:

- OFF

**For September 2021 AM optional practices will swim at Stedwick Pool (Mon, Wed, Fri with Azul 5:00-6:30am)

Practice schedule may be updated once MC-Rockville reopens.

Scheduled No Practice Dates

- October 31
- November 25
- December 25

- January 1