



Manassas Central (MC) 2021-2022 Occoquan Competitive Program Practice Schedule

 **Freedom Aquatic Center:** 9100 Freedom Center Blvd, Manassas, VA 20110

 **Central Park Aquatics Center:** 10371 Central Park Dr., Ste A, Manassas, VA 20110

	M	T	W	Th	F	Sa
Medley 1 Max/Flex (4x) (M-Th)	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm		
Medley 1 (2x) (T/Th)		5:00-6:00pm		5:00-6:00pm		
Medley 1 (2x) (M/W)	5:00-6:00pm		5:00-6:00pm			
Home School Competitive (4x) (M/T/W/Th)	8:00-9:00am or 1:00-2:00pm	8:00-9:00am or 1:00-2:00pm	8:00-9:00am or 1:00- 2:00pm	8:00-9:00am or 1:00- 2:00pm		
Medley 2 Max/Flex (4x) (M/T/W/Th)	7:00-8:00pm	7:00-8:00pm	7:00-8:00pm	7:00-8:00pm		
Medley 2 (2x) (T/Th)		7:00-8:00pm		7:00-8:00pm		
Medley 2 (2x) (M/W)	7:00-8:00pm		7:00-8:00pm			
Advanced 1 (3x) (T/Th/Sa)		6:00-7:00pm		6:00-7:00pm		7:00-8:00am
Advanced 1 (3x) (M/W/F)	6:00-7:00pm		6:00-7:00pm		5:30-6:30pm	
Advanced 1 Max/Flex (4x+) (M-Sa)	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	5:30-6:30pm	7:00-8:00am
Advanced 2 Max/Flex (4x+) (M-Sa)	6:00-7:00pm	5:30-6:30pm	6:00-7:00pm	5:30-6:30pm	6:30-7:30pm	8:00-9:00am
Advanced 2 (3x) (T/Th/Sa)		5:30-6:30pm		5:30-6:30pm		8:00-9:00am
Advanced 2 (3x) (M/W/F)	6:00-7:00pm		6:00-7:00pm		6:30-7:30pm	
Junior Olympic (JO) 10	*6:15-6:30 pm; 6:30-8:00pm	5:30-7:00pm	*6:15-6:30 pm; 6:30- 8:00pm	5:30-7:00pm	6:30-8:00pm	10:00-11:30am
Junior Olympic (JO) 12	7:00-8:30pm	*6:30-7:00; 7:00- 8:30pm	7:00-8:30pm	*6:30-7:00; 7:00- 8:30pm	6:30-8:00pm	10:00-11:30am
Junior Olympic (JO) 14	5:00-7:00pm	*4:30-5:15; 5:30- 7:00pm	5:00-7:00pm	*4:30-5:15; 5:30- 7:00pm	5:00-6:30pm	8:00-10:00am
Senior	8:00-9:00pm	7:00-8:30pm	8:00-9:00pm	7:00-8:30pm	3:30-5:00pm	
Senior Select	3:30-5:00pm; *5:30-6:15	3:30-5:30pm	3:30-5:00pm; *5:30- 6:15	3:30-5:30pm	3:30-5:00pm	6:00-8:00am
National Training Group (NTG)	4:30-6:15am	4:30-6:30am	4:30-6:15am	4:30-6:00am	4:30-6:30am	5:00-8:00am
	3:30-6:00pm	3:30-5:30pm	3:30-6:00pm	3:30-5:30pm		

*Dry land practice times.

As of 9/16/2021