

Prince William East (PWE) 2021-2022 Occoquan Competitive Program Practice Schedule

| | M | T | W | Th | F | Sa |
|----------------------------------|------------------------------|---------------------------|---------------------------|---------------------------|---------------------------|--------------|
| Medley 1 (2x) (M/W) | 5:00-6:00pm | | 5:00-6:00pm | | | |
| Medley 2 (2x) (M/W) | 6:00-7:00pm | | 6:00-7:00pm | | | |
| Advanced 1 Max/Flex (4x+) (M-Sa) | 5:00-6:00pm | 5:00-6:00pm | 5:00-6:00pm | 5:00-6:00pm | 5:00-6:00pm | 8:30-9:30am |
| Advanced 1 (3x) (M/W/F) | 5:00-6:00pm | | 5:00-6:00pm | | 5:00-6:00pm | |
| Advanced 1 (3x) (T/Th/Sa) | | 5:00-6:00pm | | 5:00-6:00pm | | 8:30-9:30am |
| Advanced 2 Max/Flex (4x+) (M-Sa) | 6:00-7:00pm | 6:00-7:00pm | 6:00-7:00pm | 6:00-7:00pm | 6:00-7:00pm | 8:30-9:30am |
| Advanced 2 (3x) (T/Th/Sa) | | 6:00-7:00pm | | 6:00-7:00pm | | 8:30-9:30am |
| Advanced 2 (3x) (M/W/F) | 6:00-7:00pm | | 6:00-7:00pm | | 6:00-7:00pm | |
| Junior Olympic (JO) 10 | *7:15-7:30pm; 7:30-9:00pm | 7:30-9:00pm | *7:15-7:30pm; 7:30-9:00pm | 7:30-9:00pm | 7:00-8:30pm | 8:00-10:00am |
| Junior Olympic (JO) 12 | 7:30-9:00pm | *7:00-7:30pm; 7:30-9:00pm | 7:30-9:00pm | *7:00-7:30pm; 7:30-9:00pm | 7:00-8:30pm | 8:00-10:00am |
| Junior Olympic (JO) 14 | 6:00-7:30pm | *4:45-5:30pm; 5:30-7:30pm | 6:00-7:30pm | *4:45-5:30pm; 5:30-7:30pm | 5:30-7:00pm | 6:00-8:00am |
| Junior Olympic (JO) AM | 5:00-6:30am | 5:00-6:30am | 5:00-6:30am | 5:00-6:30am | 5:00-6:30am | 8:00-10:00am |
| Senior | 4:00-5:30pm | 4:00-5:30pm | 4:00-5:30pm | 4:00-5:30pm | 4:00-5:30pm | |
| Senior Select | 4:00-6:00pm | 4:00-5:30pm | 4:00-5:30pm; *5:30-6:15pm | 4:00-5:30pm | 4:00-5:30pm; *5:30-6:15pm | 6:00-8:00am |

- **Dale City Recreation Center:** 14300 Minnieville Rd., Dale City, VA 22193
- **Chinn Aquatic & Fitness Center:** 13025 Chinn Park Dr., Woodbridge, VA 22192
- **PWC Aquatics/Colgan Highschool:** 13833 Dumfries Rd., Manassas, VA 20112

*Dry land practice

As of 9/16/2021