



2021-2022 Occoquan Competitive Program Practice Schedule

Warrenton (WARF)

	M	T	W	Th	F	Sa
Medley 1/2 (2x) (T/Th)		6:30-7:30pm		6:30-7:30pm		
Medley 1/2 (2x) (M/W)	6:30-7:30pm		6:30-7:30pm			
Medley 1/2 Max/Flex (4x) (M-Th)	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Advanced 1/2 Max/Flex (4x+) (M-F)	7:30-8:30pm	7:30-8:30pm	7:30-8:30pm	7:30-8:30pm	7:30-8:30pm	
Advanced 1/2 (3x) (M/W/F)	7:30-8:30pm		7:30-8:30pm		7:30-8:30pm	
Junior Olympic (JO) 14	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	8:00-10:00am
Senior	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	8:00-10:00am
Senior Select	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	8:00-10:00am

Dry land programming for levels JO & Senior will be before or after swimming portion of practices and scheduled at a later time.

Pool(s): ● Warrenton Aquatic & Recreation Facility (WARF): 800 Waterloo Rd, Warrenton, VA 20186