

2020 Holiday Practice Schedule

December 21st 2020 – January 2nd 2021

Due to limited pool space Holiday practices are for our 9 & Over Swimmers only – Regular practices will resume on Monday, January 4th 2021 at all practice locations.

Regular practices will be held through Saturday, December 19th 2020. Saturday morning practices will remain on regular schedule at Oak Marr, Renaissance and Yorktown on Saturday, December 26th 2020 and Saturday, January 2nd 2021. There will be no practices held on Friday, December 25th 2020 or Friday, January 1st 2021.

Please note that holiday practices may take place at a facility other than your usual practice location. We cannot offer make up practices during the holidays, you may only attend your current practice groups holiday practice schedule. Thank you for understanding.

Holiday Practices Held At Oak Marr – 3200 Jermantown Road, Oakton, VA 22124

Current Workout Group	Current Workout Location	Current Practice Days	Current Practice Time	Holiday Practice Location	Holiday Practice Dates	Holiday Practice Time	Coaches
OM6M/OMUM	Oak Marr/ Reston	M/W/F or M/W/F + TU/TH	4:45-6:30 am	Oak Marr M/W/F Reston TU/TH	12/21, 12/22, 12/23, 12/24, 12/28, 12/29, 12/30, 12/31	4:45-6:30 am	Mat/ Laura
OM4N	Oak Marr	M/TU/TH	7:40-9:10 pm	Oak Marr	12/21, 12/22, 12/23, 12/24, 12/28, 12/29, 12/30, 12/31	6:30-7:25 am	Andrew/ Megan
OM3N	Oak Marr	TU/TH W	8:00-9:00 pm 7:30-8:30 pm	Oak Marr	12/21, 12/23, 12/28, 12/30 12/24, 12/31	6:30-7:25 am 7:30-8:30 am	Dan/ Evan
OM2C	Oak Marr	TU/TH	3:30-4:30 pm	Oak Marr	12/22, 12/24, 12/29, 12/31	8:30-9:30 am	Greg/ Laura/ Dan
OM3A	Oak Marr	M/W/F	4:30-5:30 pm	Oak Marr	12/21, 12/22, 12/23, 12/28, 12/29, 12/30	7:30-8:30 am	Shelley/ Sydney
OM2B	Oak Marr	W/F	4:30-5:30 pm	Oak Marr	12/22, 12/24, 12/29, 12/31	6:30-7:25 am	Rich/ Patrick
RE2E	Renaissance	TU/TH	5:30-6:30 pm	Oak Marr	12/22, 12/24, 12/29, 12/31	7:30-8:30 am	Dan/ Patrick
RE2C	Renaissance	TU/TH	3:00-4:00 pm	Oak Marr	12/21, 12/23, 12/28, 12/30	8:30-9:30 am	Rich/ Patrick
RC2A	Reston	M/W	7:00-8:00 pm	Oak Marr	12/21, 12/23, 12/28, 12/30	8:30-9:30 am	Patrick/ Natalie

Holiday Practices Held At Renaissance – 2230 George C Marshall Drive, Falls Church, VA 22043

Current Workout Group	Current Workout Location	Current Practice Days	Current Practice Time	Holiday Practice Location	Holiday Practice Dates	Holiday Practice Time	Coaches
RE4M	Renaissance	M/W/F	5:00-6:30 am	Renaissance	12/21, 12/23, 12/28, 12/30	5:00-6:30 am	Torey/ Melissa
RE2B	Renaissance	M/W	8:40-9:40 pm	Renaissance	12/22, 12/24, 12/29, 12/31	8:30-9:30 am	Bob/ Melissa
RE2G	Renaissance	TU/TH	8:00-9:00 pm	Renaissance	12/22, 12/24, 12/29, 12/31	12:15-1:15 pm	Doug/ Patrick
RE2A	Renaissance	M/W	7:30-8:30 pm	Renaissance	12/22, 12/24, 12/29, 12/31	9:45-10:45 am	Bob/ Melissa
RE2D	Renaissance	TU/TH	4:15-5:15 pm	Renaissance	12/22, 12/24, 12/29, 12/31	11:00 am-12:00 pm	Doug/ Rich
YT6M/ YTUM	Yorktown/ Renaissance	M/W/F or M/W/F + TU/TH	6:00-7:30 am 6:00-7:30 am 5:00-6:30 am	Renaissance	12/21, 12/22, 12/23, 12/24, 12/28, 12/29, 12/30, 12/31	6:40-8:20 am	Greg
YT2N	Yorktown	TU/TH	8:30-9:30 pm	Renaissance	12/21, 12/23, 12/28, 12/30	8:30-9:30 am	Bob/ Kait
YT3A	Yorktown	M/W/F	3:00-4:00 pm	Renaissance	12/21, 12/23, 12/28, 12/30	9:45-10:45 am	Bob/ Greg
YT3B	Yorktown	M/W/F	4:15-5:15 pm	Renaissance	12/21, 12/23, 12/28, 12/30	11:00 am-12:00 pm	Greg/ Jen
YT2A	Yorktown	TU/TH	3:00-4:00 pm	Renaissance	12/21, 12/23, 12/28, 12/30	12:15-1:15 pm	Bob/ Jessie
RC4M	Reston	M/W/F	5:00-6:30 am	Reston	12/21, 12/23, 12/28, 12/30	5:00-6:30 am	Mike
ZCS	Reston	M/TU/W/TH/F	5:00-6:30 am	Reston	12/21, 12/22, 12/23, 12/24, 12/28, 12/29, 12/30, 12/31	5:00-6:30 am	Mike/ Mat/ Torey