

RSST Practice Schedule

CHECK WEBSITE CALENDAR FOR UPDATES www.rsst.org

After School Practices: Wednesday after Memorial Day until school dismisses for the summer

11 & Older	5:00–5:45pm M-F
Developmental	5:45-6:15pm M-F
8 & Under	6:15-7:00pm M-F
9-10	7:00-7:45pm M-F

Summer Practices: Begin after FCPS/CCPS dismisses (see calendar for exact dates)

Group Monday Tuesday Wednesday Thursday Friday

Developmental	8:00–9:15am		8:00–9:15am		8:00–9:15am
10 & Under	8:00–9:15am	8:00-9:00am	8:00–9:15am	8:00-9:00am	8:00–9:15am
11 & Older	9:00-10:15am	9:00-10:15am	9:00-10:15am	9:00-10:15am	9:00-10:15am
*Developmental		5:45-6:30pm		5:45-6:30pm	
*10&Under		5:45-6:30pm	5:45-6:30pm	5:45-6:30pm	
*11& Older		6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	

* Evening practice is only for swimmers with daycare, summer camp, or work conflicts. Coach's prior approval is required.

Head Coach has the right to designate swimmers' practice times by age and ability.

Check calendar for no practice dates.

Stroke Clinics to be scheduled at Coaches' discretion.