

		M	T	W	Th	F	Sat	Sun
Claude Moore								
Year Round	CM SR G	5:00-7:30am	5:00-7:30am	5:00-7:30am	5:00-7:30am	5:00-7:30am		8-10am St James (invited)
Year Round	CM SR S AM (5)	5:00-7:30am	5:00-7:30am	5:00-7:30am	5:00-7:30am	5:00-7:30am		8-10am St James (invited)
Year Round	CM SR S AM (4)	5:00-7:00am	5:00-7:00am		5:00-7:00am	5:00-7:30am		
Year Round	CM SR SR PM	5:30-7:30pm	5:00-7:00am	5:30-7:30 pm	5:00-7:00am	4:30-6:30pm		8:00-10:00am
School Year*** New!	CM SR B AM	6:00-7:30am		6:00-7:30 am				10-11:30am @ DS
Month to Month	Master's Group	6:00-7:30am	6:00-7:30am	6:00-7:30 am	6:00-7:30am			8:00-10:00am
Year Round	CM JR G AM	5:00-7:00am	5:00-7:00am		5:00-7:00am	5:00-7:00am	8:00-10:00am	8-10am St James (invited)
Year Round	CM JR G PM	5:00-7:00pm	5:30-7:30pm	5:00-7:00 am	5:00-7:00 pm		8:00-10:00am	either/or
Year Round	CM JR S	5:00-7:00pm	5:30-7:30pm		5:00-7:00 pm	4:30-6:30pm	8:00-10:00am	
School Year	CM JR B	4:30-5:30pm		4:30-6:00pm		4:30-6:00pm		
Year Round	CM TAG G	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm		
School Year	CM TAG S	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm			
Sessional	CM TAG B		3:30-4:30pm		3:30-4:30pm	3:30-4:30pm		
Sessional	CM OW		3:30-4:30pm		3:30-4:30pm			10-11:00am
Weekly (no fee)	@ DS Stroke Clinic					12 & Up 10-10:45am and 11 & Under 10:45-11:30am		
		M	T	W	Th	F	Sat	Sun
Dulles South								
Year Round	DS SR G	5:00-7:30am	5:00-7:30am	5:00-7:30am	5:00-7:30am	5:00-7:30am	8:00-10:00am	8-10am St James (invited)
Year Round	DS SR S AM (5)	5:00-7:00am	5:00-7:00am		5:00-7:00am	5:00-7:30am	8:00-10:00am	8-10am St James (invited)
School Year	DS SR B		7:00-8:15am		7:00-8:15am			10:00-11:30am
Year Round	DS SR SR PM	6:00-7:30pm	6:30-8:00pm	5:30-7:30 am	6:00-7:30 pm	5:00-7:30 am	10:00-11:30am	8:00-10:00am @ CM
Year Round	DS JR G AM	5:00-7:00am	5:00-7:00am		5:00-7:00am	5:00-7:00am	8:00-10:00am	8-10am St James (invited)
Year Round	DS JR G PM	5:00-7:00pm	5:00-7:00pm	5:30-7:30am	5:00-7:00pm		8:00-10:00am	8:00-10:00am

Year Round	DS JR S	5:00-7:00pm	5:00-7:00pm	4:30-6:00pm	5:00-7:00pm			8:00-10:00am
School Year	DS JR B	4:30-6:00pm	5:00-6:30pm		4:30-6:00pm			
Year Round	DS TAG G		3:30-5:00pm		3:30-5:00pm	3:30-5:00pm		8:00-9:30am
School Year	DS TAG S		3:30-5:00pm		3:30-5:00pm	3:30-5:00pm		8:00-9:30am
Sessional	DS TAG B	3:30-4:30pm		3:30-4:30pm		3:30-5:00pm		
Sessional	DS OW	3:30-4:30pm		3:30-4:30pm				CM 10:00-11:00am
Weekly (no fee)	@ DS Stroke Clinic					12 & Up 10-10:45am and 11 & Under 10:45-11:30am		
		M	T	W	Th	F	Sat	Sun
Ida Lee								
Year Round	SR S (4)	5:00-7:30am		5:00-7:30am		CM 5:00-7:30am		7:00-9:00am or 8-10am St James (invited)
School Year	SR B	May attend SR B M/W 6-7:30am at CM or SR B T/Th 7-8:15am at DS				CM 6:00-7:30am		6:00-7:30pm
Year Round	JR G	5:00-7:00am	4:30-5:30pm	5:00-7:00am	4:30-5:30pm	CM 5:00 - 7:00am	CM 8:00-10:00 am	
Year Round	JR S (IL)	5:00-7:00 am	4:30-5:30pm	5:00-7:00 am	4:30-5:30pm		6:30-8:00 am	7:00-9:00am
School Year	JR B					4:30-5:30pm	6:30-8:00am	6:00-7:30 pm
School Year	Homeschool		2:30-3:30pm		2:30-3:30pm			
Year Round	TAG G (IL)		3:30-4:30pm		3:30-4:30pm	3:30-4:30pm	8:00-9:00am	DS 8:00-9:30 am
School Year	TAG S (IL)		3:30-4:30pm		3:30-4:30pm	3:30-4:30pm	8:00-9:00am	
Sessional	TAG B (IL)					3:30-4:30pm	8:00-9:00am	CM 10:00-11:00am
Sessional	OW					3:30-4:30pm	8:00-9:00am	CM 10:00-11:00am
Weekly (no fee)	@ DS Stroke Clinic					12 & Up 10-10:45am and 11 & Under 10:45-11:30am		