



# NCAP GEORGETOWN PREP

## 2021 - 2022 Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Gold 1	5-6:30 AM Prep	OFF	5-6:30 AM Prep	5-6:30 AM Prep	OFF	6:30 - 9:00 AM Prep	OFF
	3:45 -5:30 PM LW	3:45 -6:00 PM LW	DL 3:45 – 4:45 PM @ HB	3:45 -6:00 PM LW	3:45 -5:30 PM LW	DL 10:30 – 11:30 AM @HB	OFF
Gold 2	5-6:30 AM Prep	OFF	5-6:30 AM Prep	OFF	OFF	6:30 - 9:00 AM Prep	OFF
	3:45 -5:30 PM LW	3:45 -6:00 PM LW	DL 3:45 – 4:45 PM @ HB	3:45 -6:00 PM LW	3:45 -5:30 PM LW	DL 10:30 – 11:30 AM @ HB	OFF
Gold 3						8:30 -10:30 AM Prep	OFF
	DL 3:45 – 4:45 PM (Stephen's Gym)	6:15 - 8:00 PM Prep	4:30 - 6:30 PM Prep	6:15 - 8:00 PM Prep	4:30 - 6:30 PM Prep	DL 11:30 – 12:30 PM (Stephen's Gym)	
Silver 1		5-6:30 AM Prep		5-6:30 AM Prep		6:30 - 8:30 AM Prep	OFF
	4:30 - 6:30 PM Prep	OFF	3:30 -5:30 PM LW	OFF	4:30 - 6:30 PM Prep	DL 9:30 – 10:30 AM (Stephen's Gym)	
Silver 2			DL 4:00 – 5:00 PM * (Stephen's Gym)		5-6:30 AM Prep	7:00 – 8:30 am @ LW	OFF
	5:30 - 7:00 PM LW	4:30 - 6:15 PM Prep	5:30 - 7:00 PM LW	4:30 - 6:15 PM Prep	DL 4:00 – 5:00 PM * (Stephen's Gym)		
Bronze 1							
	5:30 - 7:00 PM Prep	OFF	5:30 - 7:00 PM Prep	6:00 - 7:30 PM LW	OFF	OFF	4:30 - 6:00 PM Prep
Bronze 2							
	4:30 - 5:30 PM Prep	OFF	4:30 - 5:30 PM Prep	6:00 - 7:30 PM LW	OFF	OFF	4:30 - 6:00 PM Prep

All practices at Georgetown Prep (PREP) and Lakewood Country Club (LW).

Stephen's Gym Address: 15151 Southlawn Lane Unit F, Rockville, MD 20850

\*Dryland is listed for each group. ∴ Silver 2 Dryland is split and swimmers will be assigned a DL time.

\*\*Schedule is subject to change during the season.