



NCAP GEORGETOWN PREP

2022 - 2023 TENTATIVE Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Gold 1	5:00 - 6:30 AM Prep	OFF	5:00 - 6:45 AM Prep	5:00 - 6:45 AM Prep	OFF	6:30 - 8:30 AM Prep	OFF
	3:30 - 5:30 PM Prep	3:30 - 5:45 PM Prep	3:30 - 4:30 PM DL HB	3:45 - 5:45 PM MS	3:30 - 5:30 PM Prep	10:00 - 11:00 AM DL HB	OFF
Gold 2	5:00 - 6:30 AM Prep					6:30 - 8:30 AM Prep	OFF
	4:15 - 5:15 PM DL	5:45 - 7:30 PM Prep	3:30 - 6:00 PM MS	3:30 - 6:00 PM Prep	3:30 - 5:30 PM Prep	12:00 - 1:00 PM DL	OFF
Gold 3		5:00 - 6:30 AM Prep				8:30 - 10:30 AM Prep	OFF
	4:15 - 5:15 PM DL		3:30 - 5:00 PM Prep	3:30 - 5:30 PM Prep	3:30 - 5:30 PM Prep	12:00 - 1:00 PM DL	
Silver 1			5:00 - 6:45 AM Prep		5:00 - 6:30 AM Prep	8:30 - 10:30 AM Prep	OFF
	3:30 - 5:30 PM Prep DL 6:00 - 7:00 PM *	3:30 - 5:45 PM Prep		3:45 - 5:45 PM MS		11:00 - 12:00 PM DL	
Silver 2	5:00 - 6:30 AM Prep		5:30 - 6:30 AM DL			6:30 - 8:30 AM Prep	9:30 - 11:00 AM MS
		5:45 - 7:30 PM Prep	3:30 - 5:00 PM Prep	5:30 - 7:00 PM Prep	OFF		
Bronze 1				5:30 - 7:00 AM Prep			
	5:30 - 6:30 PM Prep	OFF	5:00 - 6:30 PM Prep		OFF	OFF	4:30 - 6:00 PM Prep
Bronze 2							
	6:30 - 7:30 PM Prep	OFF	6:30 - 7:30 PM Prep	6:00 - 7:00 PM Prep	OFF	OFF	4:30 - 6:00 PM Prep

All practices at Georgetown Prep (PREP) OR Montgomery Square (MS).

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

*Dryland is listed for each group.(DL) :: Silver 2 Dryland is split and swimmers will be assigned a DL time. Silver 1 alternates Boys & Girls Mondays

**Schedule is subject to change during the season.