

2020 FBST  
PRACTICE SCHEDULE

2020 Fort Belvoir Swim Team Summer Practice Schedule									
Group		AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior	May 26-July 24	AM	5:30-7:15 MVP	5:30-7:30 MVP	5:30-7:15 MVP	5:30-7:30 MVP	5:30-7:15 MVP	6:00-9:00 MVP	
Senior Last Saturday at GWRC: 05/16/2020									
Junior	May 26-July 24	AM	6:00-7:15 MVP	6:00-7:30 MVP		6:00-7:30 MVP			
Junior Last Sunday at GWRC: 05/17/2020									
Age Group 1	May 26-July 24	AM	6:00-7:15 MVP	6:00-7:30 MVP		6:00-7:30 MVP			
Age Group 1 Last Saturday at GWRC: 05/16/2020									
Age Group 2	May 26-July 24	AM	6:00-7:15 MVP	6:00-7:15 MVP		6:00-7:15 MVP			
Age Group 2 Last Sunday at GWRC: 05/17/2020									
Age Group 3	May 26-July 24	AM	6:00-7:15 MVP	6:00-7:15 MVP		6:00-7:15 MVP			
Age Group 3 Last Indoor Practice: 05/17/2020									
Age Group 4 / Shark School	May 26-July 24	AM	6:15-7:15 MVP	6:15-7:15 MVP		6:15-7:15 MVP			
Age Group 4 / Shark School: Last Indoor Practice: 05/17/2020									
Stroke Mechanics Session	May 26-July 23	PM		6:00-7:00 GW 7:00-8:00 LEE		6:00-7:00 GW 7:00-8:00 LEE			