

FBST 2019-2020 Indoor Practice Schedule
"The Most Convenient Swim Team on the Planet!"

Senior National (9/9/19-5/22/2020)
8 Workout per Week +
Evening Workout

Days	Time	Location
Sunday	No Practice	
Mon - Thurs	4:30pm - 6:30pm	MV
Friday	4:00pm - 6:00pm	GW
Fridays (11/8-2/7) 1.5 hrs due to High School Swim Meets	4:00pm - 5:30pm	GW

Age Group I
(9/16/19-5/22/2020)
Pick any 2-4

Days	Time	Location
Sunday	3:00 - 4:30pm	GW
Mon & Wed	6:30 - 8:00pm	MV
Mon & Wed	7:00 - 8:30pm	Lee
Tue & Thurs	5:00 - 6:30pm	GW
Friday	4:00 - 5:30pm	GW

Senior National
Morning Workouts

Days	Time	Location
Mon, Wed, Fri 9/9/19 - 5/22/2020	5:00 - 6:30am	GW
Tue, Thur 9/10/19 - 5/21/2020	5:15 - 6:30am	GW
Saturday	6:00 - 9:00am	GW

Age Group I
Morning Workout
Pick Any 2-4

Days	Time	Location
Mon, Wed, Fri 9/16/19-5/22/2020	5:00 - 6:30am	GW
Saturday	7:30 - 9:00am	GW

Junior National
(9/16/19 - 5/22/2020) Pick Any 2-4

Days	Time	Location
Sunday	3:00 - 5:00pm	GW
Mon & Wed	6:30 - 8:00pm	MV
Mon & Wed	7:00 - 8:30pm	Lee
Tue & Thurs	5:30 - 7:00pm	MV
Friday	4:00 - 5:30pm	GW

Age Group II
(9/16/19 - 5/22/2020) Pick Any 2-4

Days	Time	Location
Sunday	3:00 - 4:15pm	GW
Mon & Wed	7:15 - 8:30pm	Lee
Tue & Thurs	5:00 - 6:15pm	GW
Friday	4:00 - 5:15pm	GW

Junior National
Morning Workout
Pick Any 2-4

Days	Time	Location
Mon, Wed, Fri 9/16/19 - 5/22/2020	5:00 - 6:30am	GW
Saturday	7:00 - 9:00 am	GW

Age Group II
Morning Workouts
Pick Any 2-4

Days	Time	Location
Mon, Wed, Fri 9/16/19 - 5/22/2020	5:15 - 6:30am	GW
Saturday	7:45 - 9:00am	GW

ALL GROUPS:

Last Indoor Saturday: May 16, 2020

Last Indoor Sunday: May 17, 2020

Last Indoor Friday: May 22, 2020

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Age Group III

(9/16/19 - 5/22/2020) Pick Any 1-3

Days	Time	Location
Sunday	3:00 - 4:15pm	GW
Mon & Wed	7:15 - 8:30pm	Lee
Tue & Thurs	6:00 - 7:15pm	GW
Friday	4:00 -5:15pm	GW

Age Group III

Morning Workouts

Pick Any 1-3

Days	Time	Location
Mon, Wed, Fri 9/16/19 - 5/22/20	5:15-6:30am	GW
Saturday	7:45 - 9:00am	GW

Age Group IV

(9/16/19 - 5/22/2020) Pick Any 1-3

Days	Time	Location
Sunday	3:00 - 4:00pm	GW
Mon & Wed	4:15 - 5:15pm	GW
Mon & Wed	7:30 - 8:30pm	Lee
Tue & Thurs	6:00 - 7:00pm	GW
Friday	4:00 -5:00pm	GW

Age Group IV

Morning Workouts

Pick Any 1-3 Days

Days	Time	Location
Mon, Wed, Fri 9/16/19 - 5/22/2020	5:30 - 6:30am	GW
Mon, Wed, Fri 9/16/19 - 5/22/2020	7:00 - 8:00am	SR
Saturday	8:00 -9:00am	GW

Fall Prep/High School Prep

(9/23/19 - 10/31/19) Pick 1,2, or 3

Days	Time	Location
Sunday	4:00 - 5:00pm	GW
Mon, Wed, Fri	5:30 - 6:30am	GW
Mon,Wed, Fri	7:00 - 8:00am	SR
Tues, Wed, Thurs	4:00 - 5:00pm	GW
Mon & Wed	7:30 - 8:30pm	Lee
Saturday	8:00 - 9:00am	GW

Spring/Summer Prep

(2/18/20 - 5/21/20) Pick 1,2 or 3

Days	Time	Location
Sunday	4:00 - 5:00pm	GW
Mon, Wed, Fri	5:30 - 6:30am	GW
Mon, Wed, Fri	7:00 - 8:00am	SR
Tuesday - Friday	4:00 - 5:00pm	GW
Mon & Wed	7:00 - 8:00pm	GW
Mon & Wed	7:30 - 8:30pm	Lee
Saturday	8:00 -9:00am	GW

Special Program 1 Day a Week

(9/23/19 - 5/22/2020)

Days	Time	Location
Sunday	4:00 - 5:00pm	GW
Tues, Thurs, Friday	4:00 - 5:00pm	GW
Tues, Wed, Thurs No Practice 11/15/19 - 2/13/2020	4:00 - 5:00pm	GW
Mon, Wed, Fri	7:00 -8:00am	SR
Saturday	8:00 - 9:00am	GW
Other Options Available Contact Coach Mark		

ALL GROUPS

Last Saturday: May 16, 2020

Last Sunday: May 17, 2020

Last Friday: May 22, 2020

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Shark School
(9/23/19 - 5/22/2020) Pick 1,2, or 3

Days	Time	Location
Sunday	4:00 - 5:00pm	GW
Monday	4:15 - 5:15pm	GW
Monday	7:00 -8:00pm	GW
Tuesday	6:30 -7:30pm	GW
Tuesday	6:30 - 7:30pm	Lee
Wednesday	4:15 - 5:15pm	GW
Wednesday	6:00 - 7:00pm	Lee
Wednesday	7:00 -8:00pm	GW
Thursday	6:30 - 7:30pm	GW
Friday	4:00 -4:45pm	GW
Friday	4:45 - 5:30pm	GW

Shark School
(9/23/19 - 5/22/2020)
Morning Workout - Pick 1,2, or 3

Days	Time	Location
Monday	7:00 -8:00am	SR
Wednesday	7:00 -8:00am	SR
Friday	7:00 -8:00am	SR
Saturday	8:00 -9:00am	GW

ALL GROUPS:

Last Indoor Saturday: May 16, 2020

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Last Indoor Friday: May 22, 2020

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Home School Program

Session #1

9/16/19 - 11/22/19

No Practice 10/14/19 (Columbus Day)

Days	Time	Location
Mon, Wed, Fri	7:00 - 8:00am	SR
Mon, Wed, Fri	1:00 - 2:00pm	Lee
Mon, Wed, Fri	1:00 - 2:00pm	AM
Monday	2:00 - 3:00pm	MV

Home School Program

Session #2

12/2/19-12/20/19 - 1/6/20 - 2/21/20

No Practice: 12/23/19 - 1/3/20 (Holiday Break)

No Practice 1/20/20 (MLK Jr Day)

No Practice 2/17/20 (President's Day)

Days	Time	Location
Mon, Wed, Fri	7:00 - 8:00am	SR
Mon, Wed, Fri	1:00 - 2:00pm	Lee
Mon, Wed, Fri	1:00 - 2:00pm	AM
Monday	2:00 - 3:00pm	MV

Home School Program

Session #3

2/24/20 - 5/8/20

No Practice: 4/6/19 - 4/10/19

Days	Time	Location
Mon, Wed, Fri	7:00 - 8:00am	SR
Mon, Wed, Fri	1:00 - 2:00pm	Lee
Mon, Wed, Fri	1:00 - 2:00pm	AM
Monday	2:00 - 3:00pm	MV

Home School Program:

Off all federal holidays and public school winter & Spring breaks:

Winter Break: Dec 23, 2019 - Jan 3, 2020

Spring Break: April 6 - 10, 2020

For Home School Dues Schedule Visit:

<http://www.fbswim.org/hs-fees.html>

Practice Locations

George Washington Rec Center (GW)

8426 Old Mt Vernon Rd

Alexandria, VA 22309

703-780-8894

Mt Vernon Rec Center (MV)

2017 Belle View Blvd.

Alexandria, VA 22307

703-768-3224

Lee District Rec Center (Lee)

6601 Telegraph Road

Alexandria, VA 22310

703-922-9841

South Run Rec Center (SR)

7550 Reservation Drive

Springfield, VA 22153

703-866-0566

Audrey Moore (AM)

8100 Braddock Raod

Annandale, VA 22003

703-321-7081

*Do you have an idea for a new
program design to fit your needs?
We are willing to work accomodations.*

Call Coach Mark:

703-627-4796