



# NCAP GEORGETOWN PREP

## 2023 - 2024 **TENTATIVE** Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Gold 1	5:00 - 6:30 AM Prep	OFF	5:00 - 6:30 AM Prep	OFF	OFF	8:30 - 10:30 AM Prep	OFF
	3:30 -5:30 PM Prep	3:30 -5:30 PM Prep	3:30 – 4:30 PM DL HB	3:30 -5:30 PM Prep	3:30 - 5:30 PM Prep	11:00 – 12:00 PM DL HB	
Gold 2	5:00 - 6:30 AM Prep		5:00 - 6:30 AM Prep			8:30 - 10:30 AM Prep	OFF
	4:15-5:15 PM DL	5:30 -7:30 PM Prep		5:30 -7:30 PM Prep	3:30 -5:30 PM Prep	11:30 – 12:30 PM DL	
Gold 3						8:30 - 10:30 AM Prep	OFF
	4:15-5:15 PM DL	3:30 -5:30 PM Prep	3:30 -5:00 PM Prep	3:30 -5:30 PM Prep	3:30 - 5:30 PM Prep	11:30 – 12:30 PM DL	
Silver 1		5:00 - 6:45 AM Prep			5:00 - 6:30 AM Prep	6:30 - 8:30 AM Prep	OFF
	3:30 -5:30 PM Prep	DL 3:45 - 4:45 PM	3:30 -5:30 PM Prep	4:00 - 6:00 PM MS		10:30 - 11:30 AM DL	
Silver 2	5:00 - 6:30 AM Prep					6:30 - 8:30 AM Prep	OFF
		5:45 -7:30 PM Prep	4:00 - 6:00 PM MS	5:45 - 7:30 PM Prep	OFF	9:30 - 10:30 AM DL	
Bronze 1				5:30 - 7:00 AM Prep			
	5:30 - 6:30 PM Prep 6:30 - 7:30 PM* Alt. Wks	OFF	5:00 - 6:30 PM Prep		OFF	OFF	4:30 - 6:00 PM Prep
Bronze 2							
	OFF	OFF	6:30 - 7:30 PM Prep	OFF	5:30 - 6:30 PM Prep	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  
 \*\*Schedule is subject to change during the season.

**Georgetown Prep might begin a Water Polo team and this may cause changes to the this schedule for the months of September & October. During High School Swim season there will be changes to the schedule and communicated by your coach when necessary.**