



Narwhals Swim Team Practice Schedule Schedule

Group	Practices / Week	Monday	Tuesday	Wednesday		Thursday	Friday		Saturday	Sunday
		PGCC	PGCC	Minnie Howard	PGCC	PGCC	PGCC	LA Fitness Silver Spring	Minnie Howard	Minnie Howard
Prep Team	2x/week	-	-	-	4:30 - 5:30 PM	-	-	5:30 - 7:30 PM	-	-
Silver	1-2x/week	4:30 - 5:30 PM 5:30 - 6:30 PM	4:30 - 5:30 PM 5:30 - 6:30 PM	5:30 - 6:30 PM	-	-	4:30 - 5:30 PM 5:30 - 6:30 PM	-	12:30 - 2:30 PM	12:30 - 2:30 PM
Gold	3-5x/week	4:30 - 5:30 PM 5:30 - 6:30 PM 6:30 - 7:30 PM	4:30 - 5:30 PM 5:30 - 6:30 PM 6:30 - 7:30 PM	5:30 - 6:30 PM	5:30 - 7:30 PM	4:30 - 5:30 PM 5:30 - 6:30 PM 6:30 - 7:30 PM	4:30 - 5:30 PM 5:30 - 6:30 PM 6:30 - 7:30 PM	-	12:30 - 2:30 PM	12:30 - 2:30 PM
Bitcoin	6-7x/week	5:30 - 7:30 PM	5:30 - 7:30 PM	-	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	-	12:30 - 2:30 PM	12:30 - 2:30 PM
Masters Team	2x/week	-	6:30 - 8:00 PM	-	-	6:30 - 8:00 PM	-	-	-	

Note: *Schedule as of September 1, 2026. All times are PM unless noted otherwise

Prince George s Community College (PGCC), Largo, MD

301 Largo Rd. Largo, Prince George,
MD 20774

Minnie Howard Campus, Alexandria, VA

3801 W Braddock Rd, Alexandria,
VA, 22302

LA Fitness, Silver Spring, MD

8616 Cameron Street. Silver Spring, MD, 20910
* Prep Team practice only