

**Competition Practice 2026 - \$8.00 per session**

NAME \_\_\_\_\_

**NO REFUNDS FOR MISSED PRACTICES**

You must be registered for the competition before you can sign up for these practice sessions.

Register at the lessons office, or call us at (703) 323-1132

Check here	Day	Date	Times	Levels
	<b>Sat</b>	<b>April 4</b>	<b>6:40am-7:40am</b>	<b>Freestyle 3 &amp; up</b>
	Sat	April 4	7:40am-8:40am	Freestyle 2 & down
	<b>Sun</b>	<b>April 5</b>	<b>9:45am-10:45am</b>	<b>Freestyle 3 &amp; up</b>
	Sun	April 5	10:45am-11:45am	Freestyle 2 & down
	<b>Sat</b>	<b>April 11</b>	<b>6:40am-7:40am</b>	<b>Freestyle 3 &amp; up</b>
	Sat	April 11	7:40am-8:40am	Freestyle 2 & down
	<b>Sun</b>	<b>April 12</b>	<b>9:45am-10:45am</b>	<b>Freestyle 3 &amp; up</b>
	Sun	April 12	10:45am-11:45am	Freestyle 2 & down
	<b>Sat</b>	<b>April 18</b>	<b>6:40am-7:40am</b>	<b>Freestyle 3 &amp; up</b>
	Sat	April 18	7:40am-8:40am	Freestyle 2 & down
	Sat	April 18	3:15pm-4:15pm	Freestyle 2 & down
	<b>Sat</b>	<b>April 18</b>	<b>4:15pm-5:15pm</b>	<b>Freestyle 3 &amp; up</b>
	<b>Sun</b>	<b>April 19</b>	<b>6:40am-7:30am</b>	<b>Freestyle 3 &amp; up</b>
	<b>Sun</b>	<b>April 19</b>	<b>7:30am-8:20am</b>	<b>Freestyle 3 &amp; up</b>
	Sun	April 19	8:20am-9:10am	Freestyle 2 & down
	Sun	April 19	9:20am-10:10am	Freestyle 2 & down
	<b>Sun</b>	<b>April 19</b>	<b>10:10am-11:00am</b>	<b>Freestyle 3 &amp; up</b>
	Sun	April 19	11:00am-11:50am	Freestyle 2 & down
	<b>Sun</b>	<b>April 19</b>	<b>3:15pm-4:05pm</b>	<b>Freestyle 3 &amp; up</b>
	<b>Sun</b>	<b>April 19</b>	<b>4:05pm-4:55pm</b>	<b>Freestyle 3 &amp; up</b>
	Sun	April 19	4:55pm-5:45pm	Freestyle 2 & down
	Sun	April 19	5:45pm-6:30pm	Freestyle 2 & down
	<b>Sat</b>	<b>April 25</b>	<b>6:40am-7:40am</b>	<b>Freestyle 3 &amp; up</b>
	Sat	April 25	7:40am-8:40am	Freestyle 2 & down
	Sat	April 25	3:15pm-4:15pm	Freestyle 2 & down
	<b>Sat</b>	<b>April 25</b>	<b>4:15pm-5:15pm</b>	<b>Freestyle 3 &amp; up</b>
	<b>Sun</b>	<b>April 26</b>	<b>6:40am-7:30am</b>	<b>Freestyle 3 &amp; up</b>
	<b>Sun</b>	<b>April 26</b>	<b>7:30am-8:20am</b>	<b>Freestyle 3 &amp; up</b>
	Sun	April 26	8:20am-9:10am	Freestyle 2 & down
	Sun	April 26	9:20am-10:10am	Freestyle 2 & down
	<b>Sun</b>	<b>April 26</b>	<b>10:10am-11:00am</b>	<b>Freestyle 3 &amp; up</b>
	Sun	April 26	11:00am-11:50am	Freestyle 2 & down
	<b>Sun</b>	<b>April 26</b>	<b>3:15pm-4:05pm</b>	<b>Freestyle 3 &amp; up</b>
	<b>Sun</b>	<b>April 26</b>	<b>4:05pm-4:55pm</b>	<b>Freestyle 3 &amp; up</b>
	Sun	April 26	4:55pm-5:45pm	Freestyle 2 & down
	Sun	April 26	5:45pm-6:30pm	Freestyle 2 & down