

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
	Sat	April 4	6:40am-7:40am	Freestyle 3 & up
	Sat	April 4	7:40am-8:40am	Freestyle 2 & down
	Sun	April 5	9:45am-10:45am	Freestyle 3 & up
	Sun	April 5	10:45am-11:45am	Freestyle 2 & down
	Sat	April 11	6:40am-7:40am	Freestyle 3 & up
	Sat	April 11	7:40am-8:40am	Freestyle 2 & down
	Sun	April 12	9:45am-10:45am	Freestyle 3 & up
	Sun	April 12	10:45am-11:45am	Freestyle 2 & down
	Sat	April 18	6:40am-7:40am	Freestyle 3 & up
	Sat	April 18	7:40am-8:40am	Freestyle 2 & down
	Sat	April 18	3:15pm-4:15pm	Freestyle 2 & down
	Sat	April 18	4:15pm-5:15pm	Freestyle 3 & up
	Sun	April 19	6:40am-7:30am	Freestyle 3 & up
	Sun	April 19	7:30am-8:20am	Freestyle 3 & up
	Sun	April 19	8:20am-9:10am	Freestyle 2 & down
	Sun	April 19	9:20am-10:10am	Freestyle 2 & down
	Sun	April 19	10:10am-11:00am	Freestyle 3 & up
	Sun	April 19	11:00am-11:50am	Freestyle 2 & down
	Sun	April 19	3:15pm-4:05pm	Freestyle 3 & up
	Sun	April 19	4:05pm-4:55pm	Freestyle 3 & up
	Sun	April 19	4:55pm-5:45pm	Freestyle 2 & down
	Sun	April 19	5:45pm-6:30pm	Freestyle 2 & down
	Sat	April 25	6:40am-7:40am	Freestyle 3 & up
	Sat	April 25	7:40am-8:40am	Freestyle 2 & down
	Sat	April 25	3:15pm-4:15pm	Freestyle 2 & down
	Sat	April 25	4:15pm-5:15pm	Freestyle 3 & up
	Sun	April 26	6:40am-7:30am	Freestyle 3 & up
	Sun	April 26	7:30am-8:20am	Freestyle 3 & up
	Sun	April 26	8:20am-9:10am	Freestyle 2 & down
	Sun	April 26	9:20am-10:10am	Freestyle 2 & down
	Sun	April 26	10:10am-11:00am	Freestyle 3 & up
	Sun	April 26	11:00am-11:50am	Freestyle 2 & down
	Sun	April 26	3:15pm-4:05pm	Freestyle 3 & up
	Sun	April 26	4:05pm-4:55pm	Freestyle 3 & up
	Sun	April 26	4:55pm-5:45pm	Freestyle 2 & down
	Sun	April 26	5:45pm-6:30pm	Freestyle 2 & down