| | | Available Practice Hours | | | | | |
|--------------------------|--------|--------------------------|---------------|---------------|---------------|---------------|---|
| Practice Location | Region | Monday | Tuesday | Wednesday | Thursday | Friday | Skip Dates |
| Ashburton ES | West | Not Available | 5:00 - 9:00pm | 5:00 - 9:00pm | 5:00 - 9:00pm | Not Available | 2/23 |
| Bannockburn ES | West | Not Available | 6:00 - 9:00pm | Not Available | 5:00 - 9:00pm | 5:00 - 9:00pm | 12/23, 1/20 |
| Bells Mill ES | West | Not Available | 5:00 - 9:00pm | 5:00 - 9:00pm | 5:00 - 9:00pm | Not Available | 1/19 |
| Bethesda ES | West | 5:00 - 9:00pm | 5:00 - 9:00pm | 5:00 - 9:00pm | Not Available | 5:00 - 9:00pm | 12/23, 1/2, 1/16, 1/20, 2/20 |
| Beverly Farms ES | West | 5:00 - 9:00pm | 5:00 - 9:00pm | 5:00 - 9:00pm | Not Available | Not Available | 1/2, 1/16, 2/20 |
| Bradley Hills ES | West | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | 12/12, 12/23, 1/2, 1/16, 1/20, 2/20 |
| Burning Tree ES | West | 6:00 - 9:00pm | Not Available | 5:00 - 9:00pm | 6:00 - 9:00pm | Not Available | 1/2, 1/16, 2/20 |
| Cabin John MS | West | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | Not Available | Not Available | 1/2, 1/11, 1/16, 2/20 |
| Carderock Springs ES | West | 5:00 - 9:00pm | 6:00 - 9:00pm | Not Available | 5:00 - 9:00pm | Not Available | 1/2, 1/16, 2/20 |
| Churchill HS Gym #2 | West | Not Available | Not Available | 7:30 - 9:30pm | 7:30 - 9:30pm | Not Available | 12/21, 1/5, 2/1 |
| Cold Spring ES | West | 5:00 - 9:00pm | 5:00 - 9:00pm | 5:00 - 9:00pm | Not Available | 5:00 - 9:00pm | 12/23, 1/2, 1/16, 1/20, 2/20 |
| Farmland ES | West | 5:00 - 9:00pm | 8:00 - 9:00pm | Not Available | Not Available | 5:00 - 9:00pm | 12/23, 1/2, 1/16, 1/20, 2/20 |
| Garrett Park ES | West | Not Available | Not Available | Not Available | Not Available | 6:00pm | 12/23 |
| Hoover MS | West | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | 12/23, 1/2, 1/16, 2/20 |
| Kensington Parkwood ES | West | Not Available | 6:00 - 9:00pm | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | 12/23 |
| Lawton Community Center | West | | | | | · | TBD |
| Luxmanor ES | West | Not Available | Not Available | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | 12/23 |
| Newport Mill MS | West | Not Available | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | Not Available | none |
| North Bethesda MS | West | Not Available | 6:00 - 9:00pm | 6:00 - 9:00pm | 6:00 - 9:00pm | 6:00 - 9:00pm | none |
| North Chevy Chase ES | West | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | 12/23, 1/2, 1/16, 2/20 |
| Potomac Community Center | West | | | | | | TBD |
| Potomac ES | West | 5:00 - 9:00pm | 5:00 - 9:00pm | Not Available | 5:00 - 9:00pm | Not Available | 1/2, 1/16, 2/7, 2/20 |
| Pyle MS | West | Not Available | Not Available | 6:00 - 9:00pm | 6:00 - 9:00pm | 6:00 - 9:00pm | 12/1, 12/2, 12/23 |
| Rock Creek Forest ES | West | Not Available | 6:30 - 9:30pm | 6:30 - 9:30pm | 6:30 - 9:30pm | Not Available | none |
| Seven Locks ES | West | Not Available | 5:00 - 9:00pm | 5:00 - 9:00pm | 5:00 - 9:00pm | Not Available | none |
| Silver Creek MS | West | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | 12/2, 12/23, 1/2, 1/16, 2/20 |
| Somerset ES | West | Not Available | 6:00 - 9:00pm | 6:00 - 9:00pm | 6:00 - 9:00pm | Not Available | 1/26, 3/2 |
| Stone Mill ES | West | Not Available | 5:00 - 9:00pm | Not Available | 5:00 - 9:00pm | 5:00 - 9:00pm | 12/23 |
| Tilden MS | West | 6:00 - 9:00pm | Not Available | Not Available | Not Available | 6:00 - 9:00pm | 12/23, 1/2, 1/16, 2/20 |
| Travilah ES | West | Not Available | Not Available | 6:00 - 9:00pm | 6:00 - 9:00pm | 6:00 - 9:00pm | 12/23, 2/22 |
| Walter Johnson HS Gym #2 | West | Not Available | 7:30 - 9:30pm | Not Available | 7:30 - 9:30pm | Not Available | 12/20, 1/31 |
| Wayside ES | West | 5:00 - 9:00pm | Not Available | 5:00 - 9:00pm | Not Available | 5:00 - 9:00pm | 12/23, 1/2, 1/16, 2/20, 3/6, 3/8, 3/10 |
| Westbrook ES | West | Not Available | Not Available | 5:00 - 9:00pm | 6:00 - 9:00pm | 5:00 - 9:00pm | 12/23 |
| Westland MS | West | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | Not Available | 6:00 - 9:00pm | 1/2, 1/16, 2/20 |
| Wisconsin Place CC | West | | | | | | TBD |
| Wood Acres ES | West | 5:30 - 7:30pm | Not Available | Not Available | 5:00 - 9:00pm | 5:00 - 9:00pm | 12/9, 12/23, 1/2, 1/16, 1/20, 2/3, 2/20 |
| Wyngate ES | West | Not Available | Not Available | 5:00 - 9:00pm | 5:00 - 9:00pm | 5:00 - 9:00pm | 12/23, 1/20 |