



RMSC - ROCKVILLE: Practice Cancellations and Changes

Updated: 12/15/25

Planned practice cancellations and changes will be posted here (ex: practices cancelled due to swim meet). Emergency related cancellations (ex: weather events) will be communicated via email. Please contact the athlete's coach with questions, or RMSC – Rockville Head Swim Coach Dave Greene at 240-314-8755 / dgreene@rockvillemd.gov.

Date	Time	Group / Location	Updated Status	Notes
Mon. 12/15/25	4:45am-6:15am	NTG / South Pool	Cancelled	
Mon. 12/15/25	3:45pm-6:00pm	NTG / South Pool	Cancelled	
Sun. 1/11/26	8:30am-9:30am	ISS / South Pool	Cancelled	Frosty Pentathlon Swim Meet
Sun. 1/18/26	3:00pm-4:00pm	Junior 2 / South Pool	Cancelled	Swim Meet
Fri. 1/23/26	4:45am-6:15am	Select / North Pool	Cancelled	IMX Games Meet
Fri. 1/23/26	5:30pm-7:00pm	Select / South Pool	Cancelled	IMX Games Meet
Sun. 2/15/26	8:30am-9:30am	ISS / South Pool	Cancelled	Gender Blender Swim Meet
Sun. 2/22/26	3:00pm-4:00pm	Junior 2 / South Pool	Cancelled	Swim Meet
Sun. 3/8/26	8:30am-9:30am	ISS / South Pool	Cancelled	Mini Champs Swim Meet

See next page for Holiday (12/24/25 - 1/2/26) practice schedule

RMSC, Rockville Practice Site - 2025 Holiday Practice Schedule

	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		South		South	South	South	South	South	South	South	South	
6:00 AM	Regular Practice Schedule		Christmas Day Merry Christmas To All							New Years Day Happy New Year		Regular Practice Schedule
6:30 AM												
7:00 AM		NTG		NTG	NTG	NTG	NTG	NTG	NTG		NTG	
7:30 AM		7:00		7:00	7:00	7:00	7:00	7:00	7:00		7:00	
8:00 AM		to		to	to	to	to	to	to		to	
8:30 AM		10:00		10:00	9:00	9:00	10:00	9:00	10:00		10:00	
9:00 AM					Select	Select		Select				
9:30 AM					9:00	9:00		9:00				
10:00 AM		Select		Select	to	to	Select	to	Select		Select	
10:30 AM		10:00		10:00	11:00	11:00	10:00	11:00	10:00		10:00	
11:00 AM		to		to	Jr. 1	Jr. 1	to	Jr. 1	to		to	
11:30 AM		12:00		12:00	11:00 to	11:00 to	12:00	11:00 to	12:00		12:00	
12:00 PM		Jr. 1		Jr. 1	12:30	12:30	ASG	12:30	Jr. 1		Jr. 1	
12:30 PM		12:00 to		12:00 to	ASG	ASG	12:00	ASG	12:00 to		12:00 to	
1:00 PM		1:30		1:30	12:30	12:30	to	12:30	1:30		1:30	
1:30 PM		ASG		ASG	to	to	2:00	to	ASG		ASG	
2:00 PM		1:30		1:30	2:30	2:30	Jr. 1	2:30	1:30		1:30	
2:30 PM		to		to	Jr. II	Jr. II	2:00 to	Jr. II	to		to	
3:00 PM		3:30		3:30	2:30-3:30	2:30-3:30	3:30	2:30-3:30	3:30		3:30	
3:30 PM					ISS - 3:30	ISS - 3:30	ISS - 3:30	ISS - 3:30				
4:00 PM					to 4:30	to 4:30	to 4:30	to 4:30				
4:30 PM					Sr./SD	Sr	Jr. II	Sr./SD				
5:00 PM					4:30 to	4:30 to	4:30 to	4:30 to			Jr.II	
5:30 PM					6:00	6:00		6:00			5:00-6:00	
6:00 PM											Sr./SD	
6:30 PM											6:00 to	
7:00 PM											7:30	
7:30 PM												