

# Nation's Capital Swim Club

## Dulles South Recreation Center Fall Practice Schedule September 3-November 10

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>SILVER I A &amp; B</b> Ages 11-14	<b>Group A &amp; B</b> 5:00-6:30 am	<b>Group A</b> 5:00-6:30 am <b>Group B</b> 5:00-6:30 pm		<b>Group B</b> 5:00-6:30 am <b>Group A</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Sunday</b> <b>Group A &amp; B</b> 8:00-10:00 am
<b>SILVER II</b> Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm		
<b>SILVER III</b> Ages 10-14		6:30-8:00 pm		6:30-8:00 pm	6:30-8:00 pm	
<b>BRONZE I A &amp; B</b> Ages 8-12	<b>Group A</b> 5:00-6:30 pm	<b>Group B</b> 5:00-6:30 pm	<b>Group A</b> 5:00-6:30 pm	<b>Group B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 3:30-5:00 pm	
<b>BRONZE II A &amp; B</b> Ages 10 & Under	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm		
<b>STROKE SCHOOL</b> Ages 6 & Over						<b>Sunday</b> 4:00-5:00 pm 5:00-6:00 pm

**FOR MORE INFORMATION:** 703-709-8274 [sugast@nationscapitalswimming.com](mailto:sugast@nationscapitalswimming.com) [office@nationscapitalswimming.com](mailto:office@nationscapitalswimming.com)

# Nation's Capital Swim Club

## Dulles South Recreation Center Winter Practice Schedule November 11-February 23

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>SILVER I A &amp; B</b> Ages 11-14	<b>Group A &amp; B</b> 5:00-6:30 am	<b>Group A</b> 5:00-6:30 am <b>Group B</b> 5:00-6:30 pm		<b>Group B</b> 5:00-6:30 am <b>Group A</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Sunday</b> <b>Group A &amp; B</b> 8:00-10:00 am
<b>SILVER II</b> Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm		
<b>SILVER III</b> Ages 10-14		6:30-7:30 pm		6:30-8:00 pm	6:30-8:30 pm	
<b>BRONZE I A &amp; B</b> Ages 8-12	<b>Group A</b> 5:00-6:30 pm	<b>Group B</b> 5:00-6:30 pm	<b>Group A</b> 5:00-6:30 pm	<b>Group B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 3:30-5:00 pm	
<b>BRONZE II A &amp; B</b> Ages 10 & Under	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm		
<b>STROKE SCHOOL</b> Ages 6 & Over						<b>Sunday</b> 4:00-5:00 pm 5:00-6:00 pm

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# Nation's Capital Swim Club

Dulles South Recreation Center  
Spring Practice Schedule  
February 24-June 9

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>SILVER I A &amp; B</b> Ages 11-14	<b>Group A &amp; B</b> 5:00-6:30 am	<b>Group A</b> 5:00-6:30 am <b>Group B</b> 5:00-6:30 pm		<b>Group B</b> 5:00-6:30 am <b>Group A</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Sunday</b> <b>Group A &amp; B</b> 8:00-10:00 am
<b>SILVER II</b> Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm		
<b>SILVER III</b> Ages 10-14		6:30-8:00 pm		6:30-8:00 pm	6:30-8:00 pm	
<b>BRONZE I A &amp; B</b> Ages 8-12	<b>Group A</b> 5:00-6:30 pm	<b>Group B</b> 5:00-6:30 pm	<b>Group A</b> 5:00-6:30 pm	<b>Group B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 3:30-5:00 pm	
<b>BRONZE II A &amp; B</b> Ages 10 & Under	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm		
<b>STROKE SCHOOL</b> Ages 6 & Over						<b>Sunday</b> 3:30-4:30 pm 4:30-5:30 pm

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