

NCAP @ AMERICAN UNIVERSITY

2019-2020 Practice Schedule

PRACTICE TIMES

GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold 1	Dryland 5:20-6:30am ----- 4-6:30 pm	4:30-6:30 am ----- Invite only 4:20-6 pm	3:45-6:45 pm	4:45-6:30 am ----- 4-6:30 pm @ TBA	3:45-6:45 pm	Between 5:30-9 am (Sat or Sun) TBA	Between 5:30-9am Pending weekly schedule TBA
Gold 2	Dryland 5:20-6:30am ----- 4:15-6:30 pm	4:30-6:30 am	4:45-6:30 am @ Holton	4:45-6:30 am	3:45-6:45 pm	Between 5:30-9 am (Sat or Sun) TBA	Between 5:30-9am Pending weekly schedule TBA
Silver II	4:45-6:30am @HA Invited swimmer only ----- 7:30 - 9 pm	4:10-6:07 pm	4:45-6:30 am @ HA	4:45-6:30 am	4:45-6:30am @ AU or HA Invited swimmer only ----- 4:10-6:45 pm		6:00-8:00 am
Silver I	4:45-6:30 am @ HA	4:20-7 pm	4:20-6:30 pm	4:20-7 pm	4:45-6:30 am @ AU	Between 5:30-9 am (Sat or Sun) TBA	Between 5:30-9am Pending weekly schedule TBA
Bronze I AU	6:30-8:05 pm	6:30-7:45 pm	6:45-8:05 pm	6:30-7:45 pm	11&Older 4:45-6:10am Sept-Oct & April-May ----- 6:45-7:45 pm	7-9 am	
Bronze II		6:35-7:35 pm		6:35-7:35 pm	6:35-7:35 pm		
<u>Gold III</u>	7:30-9 @ HA*	4:45-6 PM @ HA* (During HS Season 5:45-6:45)		4:45-6 PM @ HA* (During HS Season 5:45-6:45)	6:45-8 PM @AU (NOT offered Nov through March)		6-7:30 PM @ AU
Swim School	5-6:30 pm	5-6:30 pm	5-6:30 pm	5-6:30 pm	5-6:30 pm Private Lessons		4-6pm

* GOLD III – Times at Holtan Arms (HA) are often pushed back during the High School Season.

NOTES:

- @ HA – Indicates practices are held at Holtan Arms School

- Bronze I and II – Parents, swimmers are not to be dropped off before 6:20 PM. Swimmers are not to enter the Fitness Center before 6:20 PM. Please be sure that you are with your swimmers if you arrive before 6:20 PM.