

NATIONS CAPITAL SWIM CLUB
Marymount University
2019-2020 Practice Schedule

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Senior Ages 13 & Older	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	6:00-8:00 AM
Senior Prep Ages 12 & Older	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:00-8:00 AM
Gold Ages 10-15	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	8:00-9:00 AM
SILVER AM Ages 9-14	5:30-7:00 AM		5:30-7:00 AM		5:30-7:00 AM	8:00-9:00 AM
SILVER PM Ages 9-12	5:30-6:30 PM		5:30-6:30 PM		5:30-6:30 PM	8:00-9:00 AM
BRONZE Ages 9 & Under		5:30-6:30 PM		5:30-6:30 PM		8:00-9:00 AM
High School Prep Ages 13 & Older	5:30-7:00 AM		5:30-7:00 AM		5:30-7:00 AM	

SENIOR – Ages 13 & Older (6 practices per week)

SENIOR PREP – Ages 12 & Older (6 practices per week)

GOLD – Ages 10-15 (6 practices per week)

SILVER AM – Ages 9-14 (4 practices per week)

SILVER PM – Ages 9-12 (4 practices per week)

BRONZE – Ages 9 & Under (3 practices per week)

HIGH SCHOOL PREP – Ages 13 & Older (3 practices per week)