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|  | **NCAP North**  **Montgomery College 2019-2020** | | | | |  | |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | | Sat/Sunday |
| **Gold**  15& Over  6-7practices/wk | 3:45-6:00pm | 4:45-6:45am  AND  3:45-6:00pm | 3:45-6:00pm | 3:45-6:00pm | OFF | | Saturday  5:45-8:00am |
| Sunday  7:00-9:00am @ QO |
| **Gold 2**  15 & Over  5 practices/wk | 3:45-5:30pm | 3:45-5:30pm | 3:45-5:30pm | 3:45-5:30pm | OFF | | Sunday  7:00-9:00am @ QO |
| **Silver**  13-14 year olds  5-6 practices/wk | 4:45-6:45pm @ QO | 4:45-6:45am | 4:45-6:45am | 4:45-6:45am | 4:45-6:45am | | Saturday  5:45-8:00am |
| **Silver 2**  13-14 year olds  5 practices/wk | 3:45-5:30pm | OFF | 4:45-6:45am | 4:45-6:45am | 4:45-6:45am | | Saturday  5:45-8:00am |
| **Bronze 3**  8 & Under  2-3 practices/wk |  | 5:30-6:30pm | 5:30-6:30pm | 5:00-6:00pm |  | |  |

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|  | **NCAP North**  **Quince Orchard 2019-2020** | | | | |  | |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | | Sat/Sunday |
| **Bronze 1**  11-12 years  4-5 practices/wk | 6:15-7:45pm | OFF | 6:15-7:45pm | 5-6:30pm | 5:30-7:00am | | 6:00-8:00am |
| **Bronze 2**  9-10 year olds  3-4 practices/wk | 5-6:15pm | OFF | 5-6:15pm | OFF | 5-6:15pm | | 6:00-7:15am |

Unless otherwise stated, all groups are year-long commitment- September to July.

Schedule subject to change during HS season. ALL PROGRAMS (MC and QO) swim at Flower Hill in Gaithersburg in June/July. QO groups will swim at Darnestown in September and May.

For more information: 703-709-8274 [kmccannon@nationscapitalswimming.com](mailto:kmccannon@nationscapitalswimming.com) [office@nationscapitalswimming.com](mailto:office@nationscapitalswimming.com)