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|  | **NCAP North****Montgomery College 2019-2020** |  |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Sat/Sunday |
| **Gold**15& Over6-7practices/wk | 3:45-6:00pm | 4:45-6:45amAND3:45-6:00pm |  3:45-6:00pm | 3:45-6:00pm | OFF | Saturday5:45-8:00am |
| Sunday7:00-9:00am @ QO |
| **Gold 2**15 & Over5 practices/wk | 3:45-5:30pm | 3:45-5:30pm | 3:45-5:30pm | 3:45-5:30pm | OFF | Sunday7:00-9:00am @ QO |
| **Silver**13-14 year olds5-6 practices/wk | 4:45-6:45pm @ QO | 4:45-6:45am | 4:45-6:45am | 4:45-6:45am | 4:45-6:45am | Saturday5:45-8:00am |
| **Silver 2**13-14 year olds5 practices/wk | 3:45-5:30pm | OFF | 4:45-6:45am | 4:45-6:45am | 4:45-6:45am | Saturday5:45-8:00am |
| **Bronze 3**8 & Under2-3 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 years4-5 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 olds3-4 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 office@nationscapitalswimming.com