



NCAP North Montgomery College 2018-2019



Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
Gold 14 & Over 6-8 practices/wk 2 days of dryland	5:30-6:30am Dryland 3:45-6:00pm Practice	3:45-6:30pm	4:45-6:45am AND 3:45-6:00pm	3:45-6:30pm 6:45-7:45pm Yoga	5:30-6:30am Dryland	Saturday 5:45-8:00am 8-9am meeting Sunday 7:00-9:00am
Gold 2 13 & Over 4-5 practices/wk 2 days of dryland	5:30-6:30am Dryland	3:45-6:00pm	3:45-5:30pm	3:45-6:00pm 6:45-7:45pm Yoga	5:30-6:30am Dryland 3:45-5:30pm Practice	Saturday 5:45-8:00am 8-9am meeting
Silver 11-14 years 5-6 practices/wk (4 am, 2 pm) 2 days of dryland	5:30-6:30am Dryland 3:45-6:00pm Practice	4:45-6:45am	4:45-6:45am	4:45-6:45am Practice 6:45-7:45pm Yoga	5:30-6:30am Dryland 3:45-5:30pm Practice	Saturday 5:45-8:00am 8-9am meeting
Bronze 1 @ MC 10-12 years 3-4 practices/wk 1 day dryland	5:30-7:00pm		5:30-7:00pm		5:00-6:30am	6:00-8:00am @ QO 8:00-9:00am Dryland/yoga
Bronze 2 9 & Under 2-3 practices/wk	6:00-7:00pm @MC		6:00-7:00 pm @MC	5:30-6:30pm @QO	6:30-7:30pm @QO	



NCAP North Quince Orchard 2018-2019



Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
Bronze 1 @ QO 10-12 years 3-4 practices/wk 1 day dryland		5:00-6:30pm @ QO		6:30-8:00pm @ QO	5:00-6:30pm @ QO	6:00-8:00am @ QO 8:00-9:00am Dryland/yoga
Bronze 2 9 & Under 2-3 practices/wk	6:00-7:00pm @ MC		6:00-7:00 pm @ MC	5:30-6:30pm @ QO	6:30-7:30pm @ QO	

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