

Nation's Capital Swim Club

Claude Moore Recreation Center Fall Practice Schedule September 3-November 10

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
GOLD I Ages 15 & Over	5:00-7:30 am Dryland 3:15-4:15 pm Dryland 5:30-6:30 pm	5:00-7:30 am 5:00-6:00 pm	5:00-7:30 am Dryland 3:15-4:15 pm Dryland 5:30-6:30 pm	5:00-7:30 am 5:00-6:00 pm	5:00-7:30 am	Sunday 8:00-10:30 am
GOLD II Ages 13 & Over	5:00-7:30 am	5:00-7:30 am Dryland 5:30-6:30 pm	5:00-7:30 am	5:00-7:30 am Dryland 5:30-6:30 pm	5:00-7:30 am	Sunday 8:00-10:30 am
GOLD III Ages 11-15	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	Saturday 8:00-10:00 am @ Claude Moore
SILVER I A & B Ages 10-14	Group A & B 5:00-6:30 pm	Group A 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Group B 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Saturday 10:00-11:30 am
SILVER II A & B Ages 13 & Over	Group A & B 6:30-8:00 pm	Group A 6:30-8:00 pm	Group A & B 6:30-8:00 pm	Group A 6:30-8:00 pm	Group A & B 6:30-8:00 pm	
SILVER III Ages 10-14	5:00-6:30 pm		5:00-6:30 pm		5:00-6:30 pm	
BRONZE I A & B Ages 8-12	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A & B 3:30-5:00 pm	
BRONZE II A & B Ages 10 & Under	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm		
HOME SCHOOL Ages 8 & Over		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am	
STROKE SCHOOL Ages 6 & Over						Sunday 4:00-5:00 pm 5:00-6:00 pm

FOR MORE INFORMATION: 703-709-8274 sugast@nationscapitalswimming.com office@nationscapitalswimming.com

Nation's Capital Swim Club

Claude Moore Recreation Center Winter Practice Schedule November 11-February 23

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
GOLD I Ages 15 & Over	5:00-7:30 am Dryland 3:15-4:15 pm Dryland 5:30-6:30 pm	5:00-7:30 am	5:00-7:30 am Dryland 3:15-4:15 pm Dryland 5:30-6:30 pm	5:00-7:30 am	5:00-7:30 am	Sunday 8:00-10:30 am
GOLD II Ages 13 & Over	5:00-7:30 am	5:00-7:30 am Dryland 5:30-6:30 pm	5:00-7:30 am	5:00-7:30 am Dryland 5:30-6:30 pm	5:00-7:30 am	Sunday 8:00-10:30 am
GOLD III Ages 11-15	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	Saturday 8:00-10:00 am @ Claude Moore
SILVER I A & B Ages 10-14	Group A & B 5:00-6:30 pm	Group A 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Group B 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Saturday 10:00-11:30 am
SILVER II A & B Ages 13 & Over	Group A 6:30-8:00 pm	Group A 6:30-8:00 pm	Group A 6:30-8:00 pm	Group A 6:30-8:00 pm	Group A & B 6:30-8:00 pm	
SILVER III Ages 10-14	6:30-8:00 pm		6:30-8:00 pm		6:30-8:00 pm	
BRONZE I A & B Ages 8-12	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A & B 3:30-5:00 pm	
BRONZE II A & B Ages 10 & Under	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm		
HOME SCHOOL Ages 8 & Over		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am	
STROKE SCHOOL Ages 6 & Over						Sunday 4:00-5:00 pm 5:00-6:00 pm

FOR MORE INFORMATION: 703-709-8274 sugast@nationscapitalswimming.com office@nationscapitalswimming.com

Nation's Capital Swim Club

Claude Moore Recreation Center Spring Practice Schedule February 24-June 9

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
GOLD I Ages 15 & Over	5:00-7:30 am Dryland 3:15-4:15 pm Dryland 5:30-6:30 pm	5:00-7:30 am 5:00-6:00 pm	5:00-7:30 am Dryland 3:15-4:15 pm Dryland 5:30-6:30 pm	5:00-7:30 am 5:00-6:00 pm	5:00-7:30 am	Sunday 8:00-10:30 am
GOLD II Ages 13 & Over	5:00-7:30 am	5:00-7:30 am Dryland 5:30-6:30 pm	5:00-7:30 am	5:00-7:30 am Dryland 5:30-6:30 pm	5:00-7:30 am	Sunday 8:00-10:30 am
GOLD III Ages 11-15	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	Saturday 8:00-10:00 am @ Claude Moore
SILVER I A & B Ages 10-14	Group A & B 5:00-6:30 pm	Group A 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Group B 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Saturday 10:00-11:30 am
SILVER II A & B Ages 13 & Over	Group A & B 6:30-8:00 pm	Group A 6:30-8:00 pm	Group A & B 6:30-8:00 pm	Group A 6:30-8:00 pm	Group A & B 6:30-8:00 pm	
SILVER III Ages 10-14	5:00-6:30 pm		5:00-6:30 pm		5:00-6:30 pm	
BRONZE I A & B Ages 8-12	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A & B 3:30-5:00 pm	
BRONZE II A & B Ages 10 & Under	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm		
HOME SCHOOL Ages 8 & Over		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am	
STROKE SCHOOL Ages 6 & Over						Sunday 4:00-5:00 pm 5:00-6:00 pm

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