

Nation's Capital Swim Club

Dulles South Recreation & Community Center

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
SENIOR GOLD Ages 15 & Over	CLAUDE MOORE 5:00-7:30 am Dryland 5:30-6:30 pm	DULLES SOUTH 5:00-7:30 am	CLAUDE MOORE 5:00-7:30 am Dryland 5:30-6:30 pm	CLAUDE MOORE 5:00-7:30 am	CLAUDE MOORE 5:00-7:30 am	CLAUDE MOORE 8:00-10:30 am
SENIOR SILVER Ages 13 & Over	CLAUDE MOORE 5:00-7:30 am	CLAUDE MOORE 5:00-7:30 AM Dryland 5:30-6:30 pm	CLAUDE MOORE 5:00-7:30 am	DULLES SOUTH 5:00-7:30 am Dryland 5:30-6:30 am	CLAUDE MOORE 5:00-7:30 am	CLAUDE MOORE 8:00-10:30 am
SENIOR PREP Ages 11-15	DULLES SOUTH 5:00 – 7:00 am	CLAUDE MOORE 5:00 – 7:00 am	DULLES SOUTH 5:00 – 7:00 am	CLAUDE MOORE 5:00 – 7:00 am	DULLES SOUTH 5:00 – 7:00 am	DULLES SOUTH 8:00-10:00 am
AG1 A or B Ages 10-14	GROUP A & B 5:30-7:00 pm	GROUP A 5:30-7:00 pm	GROUP A & B 5:30-7:00 pm	GROUP B 5:30-7:00 pm	AG1 A & B 5:30-7:00 pm	GROUP A & B 8:00-10:00 am
AG2 A & B Ages 8-12	GROUP B 4:00-5:30 pm	GROUP A 4:00-5:30 pm	GROUP B 4:00-5:30 pm	GROUP A 4:00-5:30 pm	GROUP A & B 4:00-5:30 pm	
AG3 A or B Ages 10 & Under	GROUP B 4:00-5:00 pm	GROUP A 4:00-5:00 pm	GROUP B 4:00-5:00 pm	GROUP A 4:00-5:00 pm		
AG5 Ages 10-14		5:30-7:00 pm		5:30-7:00 pm	5:30-7:00 pm	

SENIOR GOLD – Ages 15 & Over (advanced swimmers prepared to commit to 6 practices plus 2 dryland workouts per week)

SENIOR SILVER – Ages 13 & Over (advanced swimmers prepared to commit to 6 practices plus 2 dryland workouts per week)

SENIOR PREP – Ages 11-15 (advanced swimmers prepared to commit to 5 practices per week)

AGE GROUP 1 – Ages 10-14 (5 practices per week)

AGE GROUP 2 – Ages 8-12 (3 practices per week)

AGE GROUP 3 – Ages 10 & Under (2 practices per week)

AGE GROUP 5 – Ages 10-14 (3 practices per week)

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