



NCAP Holton Arms 2019-2020



Fall:: September 9th - November 10th

AND Spring :: February 12th - June 12th

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
Bronze 1 9-12 years 3-5 practices/wk	5:05-6:30am @AU- Invited only 4:45-6:00pm @AU- All other 11&over	6:00-7:30pm	7:30-8:45pm	6:00-7:30pm	4:30-5:30pm	Saturday 10:00-11:30a m
Bronze 2 8 & under 2-3 practices/wk		4:45-5:45pm		4:45-5:45pm		Sunday 2:45-4:00pm
Gold 3 13 & over 3-4 practices/wk	7:30-9:00pm	4:45-6:00pm		4:45-6:00pm	6:45-8:00pm @AU	Sunday @AU 6:00-7:30pm

Blue Highlighted Days practice at American University

There will be occasional blackout dates due to pool closures and we cannot guarantee a makeup

Bronze 1 and Gold 3 are year-long programs (September to July), Bronze 2 ends when MCPS finish in June.



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Winter :: November 11th - February 11th

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
Bronze 1 9-12 years 3-5 practices/wk	5:05-6:30am @AU- Invited only 4:45-6:00pm @AU- All other 11&Over	6:45-8:00pm	8:00-9:00pm	6:45-8:00pm	Alternating 6:00-7:00pm AND 7:00-8:00pm	Saturday 10:00-11:30a m
Bronze 2 8 & under 2-3 practices/wk		5:45-6:45pm		5:45-6:45pm		Sunday 2:45-4:00pm
Gold 3 13 & over 3-4 practices/wk	7:30-9:00pm	5:45-6:45pm		5:45-6:45pm		Sunday @AU 6:00-7:30pm

There will be occasional blackout dates during HS swim season and we cannot guarantee a makeup