

# Nations Capital Swim Club - TYSONS

YWCA 8101 Wolf Trap Road, Dunn Loring, VA 22182

September 2019 - May 2020

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gold 1</b>							
15 years and Older							
6x Per Week	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm		
Dryland 2x Per Week							6:30am to 9:30am
<b>Gold 2</b>							
13 years and Older	4:45 - 6:45am	4:45-6:45am	4:45-6:45am	4:45-6:45am	4:45-6:45am	6:30-8:30am	
5-6x Per Week							
Dryland 2x Per Week							
<b>Silver 1 AM</b>							
12-14 years old	5:00-6:30am	5:00-6:30am		5:00-6:30am	5:00-6:30am	6:30-8:30am	
5x Per Week							
<b>Silver 1 PM</b>							
10-13 years Old	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm	5:30-7:00pm		8:30-10:00am	
5x Per Week							
<b>Silver 2</b>							
11-13 years Old	7:00-8:15pm		7:00-8:15pm			10:00-11:15am	
3-4x Per Week							
<b>Bronze 1 AM</b>							
9-11 years Old		6:30-8:00am	6:30-8:00am	6:30-8:00am		8:30-10:00am	
3-4x Per Week							
<b>Bronze 1 PM</b>							
9-11 years Old		5:30-7:00pm	5:30-7:00pm	5:30-7:00pm		8:30-10:00am	
3-4x Per Week							
<b>Bronze 2A</b>							
9 and under		7:00-8:00pm		7:00-8:00pm		10:00-11:00am	
2-3x Per Week							
<b>Bronze 2 B</b>							
9 and under	7:00-8:00pm		7:00-8:00pm			10:00-11:00am	
2-3x Per Week							
<b>High School Prep</b>							
13 and Older		7:00-8:15pm		7:00-8:15pm	5:30-7:00pm		
3x Per Week					(Sept-Nov + Apr-May)		
Dec-March 2x Per Week							