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| **Freedom Center 2019-2020** |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
| **Gold 3**15-18 years3-5 Practices/WeekSeptember – MayAll Freedom Center | 4:00 - 5:30pmDryland 5:30-6:00 PM**\*HS Season 4:45am- 6:15am** | 7:30 - 9:00pm | 4:00 - 5:30pm**\*HS Season** **4:45am - 6:15am** | 5:30 – 7:00pmDryland 7:00-7:30 PM | 4:00 – 5:30pm |  |
| **Silver**13-15 years6 practices/week | 4:45 – 6:15am(Freedom) | 4:00 – 6:50pm(Freedom)\*\*Dryland 5:50 – 6:50pm | 4:45 – 6:15am(Freedom) **OR**4:00 – 5:30pm(Freedom) | 4:00 – 6:50pm(Freedom)\*\*Dryland 5:50 – 6:50pm | 4:45 – 6:15am(Freedom) **OR**4:00 – 5:30pm(Freedom) | Saturday8:00 – 10:30am(Freedom) |
| **Bronze 1**11-14 years4-5 practices/weekAll Freedom Center | PM: 5:30-7:00 PM | 6:30 – 8:30pm\*\*Dryland 6:30-7:20 PM | 5:30 – 7:00pm | 6:30 – 8:30pm\*\*Dryland 6:30-7:20PM | 5:30-7:00 PM | Saturday6:30-8:00 AM |
| **Bronze 2**9-11 years3-4 Practices/weekAll Freedom Center | PM: 7:00-8:30 PM | 6:00 – 7:30pm\*\*Dryland 6:00-6:20 PM | 7:00 – 8:30pm | 6:00 – 7:30pm\*\*Dryland 6:00-6:20PM | 4:30-5:30 PM | Saturday6:30-8:00 AM |
| **Bronze 3**9 & Under2-3 Practices/WeekSeptember to May |  | 5:30 – 6:30pm(Freedom) |  | 5:30 – 6:30pm(Freedom) | 5:30 – 6:30pm(Freedom) | Sunday2:30 – 3:30pm |

Unless otherwise stated, groups are a year-long commitment, September to July/August

For more information: 703-709-8274 sugast@nationscapitalswimming.com office@nationscapitalswimming.com

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| **Vint Hill 2019-2020** |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
| **Gold 1**15-18 years8 practices/week | 3:30 – 6:30pm (Vint Hill) | 4:45 – 6:15am(Freedom) AND3:00 – 6:30pm(Vint Hill) | 3:30 – 6:30pm (Vint Hill) | 4:45 – 6:15am(Freedom) AND3:00 – 6:30pm(Vint Hill) | 3:30 – 6:30pm (Vint Hill) | Saturday8:00 – 11:00am(Vint Hill) |
| **Gold 2**15-18 Years6-7 Practices/week | 4:00 – 6:50pm(Freedom)\*\*Dryland5:50 – 6:50pm | 6:30 – 8:30 pm(Vint Hill) | 5:00 – 8:00 pm(Vint Hill)\*\*Dryland 5:00 – 6:20pm | 6:30 – 8:30 pm(Vint Hill) | 4:45 – 6:15am(Freedom) OR4:00 – 5:30pm(Freedom) | Sunday8:00 – 10:30am(Vint Hill) |

Unless otherwise stated, groups are a year-long commitment, September to July/August

For more information: 703-709-8274 sugast@nationscapitalswimming.com office@nationscapitalswimming.com

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| **Warrenton (Warf) 2019-2020** |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
| **Bronze 1**11-14 years4-5 practices/week | 5:00 – 6:30am | 4:30 – 6:30pm\*\*Dryland6:00 – 6:30pm | 5:00 – 6:30pm\*\*Dryland5:00-5:30pm | 4:30 – 6:30pm\*\*Dryland6:00 – 6:30pm | 5:00 – 6:30am | Sunday3:00 – 4:30pm |
| **Bronze 2**9-11 years3-4 Practices/week | 5:30 – 6:30pm | 5:30 – 7:30pm\*\*Dryland 5:30 – 6:00pm |  | 5:30 – 7:30pm\*\*Dryland 5:30 – 6:00pm | 5:30 – 6:30pm | Sunday4:00 – 5:30pm\*\*Dryland4:00 – 4:30pm |
| **Bronze 3**9 & Under2-3 Practices/WeekSeptember to May | 4:30 – 5:30pm |  | 4:30 – 5:30pm |  | 4:30 – 5:30pm | Sunday4:00 – 5:30 pm\*\*Dryland4:00 – 4:30pm |

Unless otherwise stated, groups are a year-long commitment, September to July/August

For more information: 703-709-8274 sugast@nationscapitalswimming.com office@nationscapitalswimming.com