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| **Freedom Center 2019-2020** | | | | | | |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
| **Gold 3**  15-18 years  3-5 Practices/Week  September – May  All Freedom Center | 4:00 - 5:30pm  Dryland 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 – 7:00pm  Dryland 7:00-7:30 PM | 4:00 – 5:30pm |  |
| **Silver**  13-15 years  6 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) | Saturday  8:00 – 10:30am  (Freedom) |
| **Bronze 1**  11-14 years  4-5 practices/week  All 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 | Saturday  6:30-8:00 AM |
| **Bronze 2**  9-11 years  3-4 Practices/week  All 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 | Saturday  6:30-8:00 AM |
| **Bronze 3**  9 & Under  2-3 Practices/Week  September to May |  | 5:30 – 6:30pm  (Freedom) |  | 5:30 – 6:30pm  (Freedom) | 5:30 – 6:30pm  (Freedom) | Sunday  2:30 – 3:30pm |

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

For more information: 703-709-8274 [sugast@nationscapitalswimming.com](mailto:sugast@nationscapitalswimming.com) [office@nationscapitalswimming.com](mailto:office@nationscapitalswimming.com)

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| **Vint Hill 2019-2020** | | | | | | |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
| **Gold 1**  15-18 years  8 practices/week | 3:30 – 6:30pm  (Vint Hill) | 4:45 – 6:15am  (Freedom) AND  3:00 – 6:30pm  (Vint Hill) | 3:30 – 6:30pm  (Vint Hill) | 4:45 – 6:15am  (Freedom) AND  3:00 – 6:30pm  (Vint Hill) | 3:30 – 6:30pm  (Vint Hill) | Saturday  8:00 – 11:00am  (Vint Hill) |
| **Gold 2**  15-18 Years  6-7 Practices/week | 4:00 – 6:50pm  (Freedom)  \*\*Dryland  5:50 – 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) OR  4:00 – 5:30pm  (Freedom) | Sunday  8:00 – 10:30am  (Vint Hill) |

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| **Warrenton (Warf) 2019-2020** | | | | | | |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
| **Bronze 1**  11-14 years  4-5 practices/week | 5:00 – 6:30am | 4:30 – 6:30pm  \*\*Dryland  6:00 – 6:30pm | 5:00 – 6:30pm  \*\*Dryland  5:00-5:30pm | 4:30 – 6:30pm  \*\*Dryland  6:00 – 6:30pm | 5:00 – 6:30am | Sunday  3:00 – 4:30pm |
| **Bronze 2**  9-11 years  3-4 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 | Sunday  4:00 – 5:30pm  \*\*Dryland  4:00 – 4:30pm |
| **Bronze 3**  9 & Under  2-3 Practices/Week  September to May | 4:30 – 5:30pm |  | 4:30 – 5:30pm |  | 4:30 – 5:30pm | Sunday  4:00 – 5:30 pm  \*\*Dryland  4:00 – 4:30pm |

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