





NCAP West Freedom Center 2019-2020



Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Gold 3 15-18 years 3-5 Practices/Week September - May	4:00 - 5:30pm (Freedom) *HS Season 4:45am-6:15am	7:30 - 9:00pm (Freedom)	4:00 - 5:30pm (Freedom) *HS Season 4:45am - 6:15am	5:30 – 7:00pm (Freedom)	4:00 – 5:30pm (Freedom)	
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 AM OR PM Groups All Freedom Center	AM: 5:00 – 6:30am	5:00 – 6:50am **Dryland last 30 mins	5:00 – 6:30am	5:00 – 6:50am **Dryland last 30 mins	5:00 – 6:30am	Saturday 6:00 – 7:30am
	PM: 7:00 – 8:30pm	6:30 – 8:30pm **Dryland first 50 mins	5:30 – 7:00pm	6:30 – 8:30pm **Dryland first 50 mins	4:15 – 5:45pm	Saturday 6:00 – 7:30am
Bronze 2 9-11 years 3-4 Practices/week AM OR PM Groups All Freedom Center	AM: 5:00 – 6:30am	5:00 – 6:30am **Dryland last 20 mins	5:00 – 6:30am	5:00 – 6:30am **Dryland last 20 mins	5:00 – 6:30am	Saturday 6:00 – 7:30am
	PM: 5:30 – 7:00pm	6:00 – 7:30pm **Dryland first 20 mins	7:00 – 8:30pm	6:00 – 7:30pm **Dryland first 20 mins	5:30 – 6:30pm	Saturday 6:00 – 7:30am
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 office@nationscapitalswimming.com

		<h2 style="text-align: center;">NCAP West</h2> <h3 style="text-align: center;">Vint Hill 2019-2020</h3>					
Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday	
<u>Gold 1</u> 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)	
<u>Gold 2</u> 15-18 Years 6-7 Practices/week	4:00 – 6:50pm (Freedom) **Dryland 5:50 – 6:50pm	6:30 – 8:30 pm (Vint Hill)	5:20 – 8:00 pm (Vint Hill) **Dryland 5:20 – 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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		<h2 style="text-align: center;">NCAP West</h2> <h3 style="text-align: center;">Warrenton (Warf) 2019-2020</h3>						
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	4:30 – 6:30pm **Dryland 4:30-5:30pm	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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