

# Nation's Capital Swim Club

## Dulles South Recreation & Community Center

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<b>SENIOR GOLD</b> Ages 15 & Over	<b>CLAUDE MOORE</b> 5:00-7:30 am Dryland 5:30-6:30 pm	<b>DULLES SOUTH</b> 5:00-7:30 am	<b>CLAUDE MOORE</b> 5:00-7:30 am Dryland 5:30-6:30 pm	<b>CLAUDE MOORE</b> 5:00-7:30 am	<b>CLAUDE MOORE</b> 5:00-7:30 am	<b>CLAUDE MOORE</b> 8:00-10:30 am
<b>SENIOR SILVER</b> Ages 13 & Over	<b>CLAUDE MOORE</b> 5:00-7:30 am	<b>CLAUDE MOORE</b> 5:00-7:30 AM Dryland 5:30-6:30 pm	<b>CLAUDE MOORE</b> 5:00-7:30 am	<b>DULLES SOUTH</b> 5:00-7:30 am Dryland 5:30-6:30 am	<b>CLAUDE MOORE</b> 5:00-7:30 am	<b>CLAUDE MOORE</b> 8:00-10:30 am
<b>SENIOR PREP</b> Ages 11-15	<b>DULLES SOUTH</b> 5:00 – 7:00 am	<b>CLAUDE MOORE</b> 5:00 – 7:00 am	<b>DULLES SOUTH</b> 5:00 – 7:00 am	<b>CLAUDE MOORE</b> 5:00 – 7:00 am	<b>DULLES SOUTH</b> 5:00 – 7:00 am	<b>DULLES SOUTH</b> 8:00-10:00 am
<b>AG1 A or B</b> Ages 10-14	<b>GROUP A &amp; B</b> 5:30-7:00 pm	<b>GROUP A</b> 5:30-7:00 pm	<b>GROUP A &amp; B</b> 5:30-7:00 pm	<b>GROUP B</b> 5:30-7:00 pm	<b>GROUP A &amp; B</b> 5:30-7:00 pm	<b>DULLES SOUTH</b> <b>GROUP A &amp; B</b> 8:00-10:00 am
<b>AG2 A &amp; B</b> Ages 8-12	<b>GROUP B</b> 4:00-5:30 pm	<b>GROUP A</b> 4:00-5:30 pm	<b>GROUP B</b> 4:00-5:30 pm	<b>GROUP A</b> 4:00-5:30 pm	<b>GROUP A &amp; B</b> 4:00-5:30 pm	
<b>AG3 A or B</b> Ages 10 & Under	<b>GROUP B</b> 4:00-5:00 pm	<b>GROUP A</b> 4:00-5:00 pm	<b>GROUP B</b> 4:00-5:00 pm	<b>GROUP A</b> 4:00-5:00 pm		
<b>AG5</b> Ages 10-14		5:30-7:00 pm		5:30-7:00 pm	5:30-7:00 pm	

**SENIOR GOLD** – Ages 15 & Over (advanced swimmers prepared to commit to 6 practices plus 2 dryland workouts per week)

**SENIOR SILVER** – Ages 13 & Over (advanced swimmers prepared to commit to 6 practices plus 2 dryland workouts per week)

**SENIOR PREP** – Ages 11-15 (advanced swimmers prepared to commit to 5 practices per week)

**AGE GROUP 1** – Ages 10-14 (5 practices per week)

**AGE GROUP 2** – Ages 8-12 (3 practices per week)

**AGE GROUP 3** – Ages 10 & Under (2 practices per week)

**AGE GROUP 5** – Ages 10-14 (3 practices per week)

**FOR MORE INFORMATION:** 703-709-8274 [sugast@nationscapitalswimming.com](mailto:sugast@nationscapitalswimming.com) [office@nationscapitalswimming.com](mailto:office@nationscapitalswimming.com)