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| **Freedom 2022-2023** |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/ Sunday |
| **Bronze 3**10 & Under2-3 practices /weekSept-May  | 6:00-7:00 PM |  | 6:00-7:00 PM | 6:30-7:30 PM |  |  |
| **Bronze 2**9-12 years old3-5 practices/weekSept-July | 7:00-8:30 PM | 6:30-8:30 PM(Dryland 6:30-7:00) | 7:00-8:30 PM | 7:30-8:30 PM |  | Sunday12:30-2:00 PMDryland 12:30-1:00) |

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| **Bronze 1**11-14 years old4-6 practices/weekSept-July | 5:00-6:30 AM | 4:45-7:00 PM (DL 4:45-5:30 PM) | 5:00-6:30 AM | 5:00-6:30 PM | 5:00-6:30 PM | Saturday8:00-9:30 AM |
| **Silver**13-15 years old5-6 practices/weekSept-July | 4:00-6:45 PM(DL 6:00-6:45 PM) | 4:45-6:15 AM | 4:00-6:45 PM(DL 6:00-6:45 PM) | 4:45-6:15 AM | 4:45-6:15 AM | Saturday9:30-11:30 AM |
| **Gold 3**High School3-5 practices/weekSept-May or Sept-July (Gold 3 Plus) | 6:00-8:00 PM @ Vint Hill6:00-6:30 DL | 4:00-5:30 PM @ Freedom | 4:00-5:30 PM @ Freedom | 4:00-5:30 PM @ Freedom |  | Sunday1:00-3:00 PM @ Vint Hill1:00-1:30 DL |

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

For more information: sugast@nationscapitalswimming.com office@nationscapitalswimming.com