

Nation's Capital Swim Club

Dulles South Recreation Center

Fall Practice Schedule

September 6 - November 11, 2021 (ODD Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14	5:00-6:30 am	5:00-6:30 am		5:00-6:30 pm	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER I-B Ages 11-14		5:00-6:30 pm		5:00-6:30 am	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm		
SILVER III Ages 10-14	6:30-8:00 pm	6:30-8:00 pm		6:30-8:00 pm		
BRONZE I-A Ages 8-12	5:00-6:30 pm		5:00-6:30 pm		4:00-5:30 pm	
BRONZE I-B Ages 8-12		5:00-6:30 pm		5:00-6:30 pm		Saturday 8:00-9:30 am
BRONZE II-A Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
BRONZE II-B Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		
STROKE SCHOOL Ages 12 & Under						Sunday 3:00-4:00 pm 4:00-5:00 pm

FOR MORE INFORMATION: 703-709-8274 sugast@nationscapitalswimming.com office@nationscapitalswimming.com

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Dulles South Recreation Center

Fall Practice Schedule

September 6 - November 11, 2021 (EVEN Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14		5:00-6:30 am		5:00-6:30 pm	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER I-B Ages 11-14	5:00-6:30 am	5:00-6:30 pm		5:00-6:30 am	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm		
SILVER III Ages 10-14	6:30-8:00 pm	6:30-8:00 pm		6:30-8:00 pm		
BRONZE I-A Ages 8-12	5:00-6:30 pm		5:00-6:30 pm			Saturday 8:00-9:30 am
BRONZE I-B Ages 8-12		5:00-6:30 pm		5:00-6:30 pm	4:00-5:30 pm	
BRONZE II-A Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
BRONZE II-B Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		
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Nation's Capital Swim Club

Dulles South Recreation Center

Winter Practice Schedule

November 12, 2021 - February 20, 2022 (ODD Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14	5:00-6:30 am	5:00-6:30 am		4:30-6:00 pm	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER I-B Ages 11-14	5:00-6:30 am	4:30-6:00 pm		5:00-6:30 am	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-7:30 pm	6:30-8:00 pm	6:30-8:00 pm		
SILVER III Ages 10-14	6:30-8:00 pm	6:00-7:30 pm		6:00-7:30 pm		
BRONZE I-A Ages 8-12	5:00-6:30 pm		5:00-6:30 pm		4:00-5:30 pm	
BRONZE I-B Ages 8-12		5:00-6:30 pm		5:00-6:30 pm		Saturday 8:00-9:30 am
BRONZE II-A Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
BRONZE II-B Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		
STROKE SCHOOL Ages 12 & Under						Sunday 3:30-4:30 pm 4:30-5:30 pm

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Nation's Capital Swim Club

Dulles South Recreation Center

Winter Practice Schedule

November 12, 2021 - February 20, 2022 (EVEN Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14	5:00-6:30 am	5:00-6:30 am		4:30-6:00 pm	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER I-B Ages 11-14	5:00-6:30 am	4:30-6:00 pm		5:00-6:30 am	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-7:30 pm	6:30-8:00 pm	6:30-8:00 pm		
SILVER III Ages 10-14	6:30-8:00 pm	6:00-7:30 pm		6:00-7:30 pm		
BRONZE I-A Ages 8-12	5:00-6:30 pm		5:00-6:30 pm			Saturday 8:00-9:30 am
BRONZE I-B Ages 8-12		5:00-6:30 pm		5:00-6:30 pm	4:00-5:30 pm	
BRONZE II-A Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
BRONZE II-B Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		
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Nation's Capital Swim Club

Dulles South Recreation Center
 Spring Practice Schedule
 February 20 - June 18, 2022 (ODD Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14	5:00-6:30 am	5:00-6:30 am		5:00-6:30 pm	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER I-B Ages 11-14	5:00-6:30 am	5:00-6:30 pm		5:00-6:30 am	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm		
SILVER III Ages 10-14	6:30-8:00 pm	6:30-8:00 pm		6:30-8:00 pm		
BRONZE I-A Ages 8-12	5:00-6:30 pm		5:00-6:30 pm		4:00-5:30 pm	
BRONZE I-B Ages 8-12		5:00-6:30 pm		5:00-6:30 pm		Saturday 8:00-9:30 am
BRONZE II-A Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
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STROKE SCHOOL Ages 12 & Under						Sunday 3:30-4:30 pm 4:30-5:30 pm

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Nation's Capital Swim Club

Dulles South Recreation Center

Spring Practice Schedule

February 20 - June 18, 2022 (EVEN Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14	5:00-6:30 am	5:00-6:30 am		5:00-6:30 pm	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER I-B Ages 11-14	5:00-6:30 am	5:00-6:30 pm		5:00-6:30 am	5:30-7:00 pm	Saturday 8:00-10:00 am
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm		
SILVER III Ages 10-14	6:30-8:00 pm	6:30-8:00 pm		6:30-8:00 pm		
BRONZE I-A Ages 8-12	5:00-6:30 pm		5:00-6:30 pm			Saturday 8:00-9:30 am
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