

Nation's Capital Swim Club

Dulles South Recreation Center Fall Practice Schedule September 7 - November 10, 2022 (ODD Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOLD III Ages 11-15	5:00-7:00 am	5:00-7:00 am	Dryland 6:30-7:30 pm	5:00-7:00 am	5:00-7:00 am		8:00-10:00 am @ Claude Moore
SILVER II SELECT Ages 14-18	5:00-7:30 am Group A Dryland: 5:30-6:30 pm	5:00-7:30 am Group B Dryland: 5:30-6:30 pm	5:00-7:30 am Group A Dryland: 5:30-6:30 pm	5:00-7:30 am Group B Dryland: 5:30-6:30 pm			8:00-10:30 am @ Dulles South
SILVER I Ages 11-14	5:00-6:30 pm	5:00-6:30 pm		5:00-6:30 pm	5:00-6:30 pm	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	3:30-5:00 pm or 5:00-6:30 pm		3:30-5:00 pm or 5:00-6:30 pm		3:30-5:00 pm Or 5:00-6:30 pm		
BRONZE I-B Ages 8-12		3:30-5:00 pm or 5:00-6:30 pm		3:30-5:00 pm or 5:00-6:30 pm		8:00-9:30 am	
BRONZE II, A & B Ages 10 & Under	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm			
STROKE SCHOOL Ages 12 & Under							3:30-4:30 pm 4:30-5:30 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 7 - November 10, 2022 (EVEN Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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SILVER I Ages 11-14	5:00-6:30 pm	5:00-6:30 pm		5:00-6:30 pm	5:00-6:30 pm	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			
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BRONZE I-A Ages 8-12	3:30-5:00 pm or 5:00-6:30 pm		3:30-5:00 pm or 5:00-6:30 pm			8:00-9:30 am	
BRONZE I-B Ages 8-12		3:30-5:00 pm or 5:00-6:30 pm		3:30-5:00 pm or 5:00-6:30 pm	3:30-5:00 pm Or 5:00-6:30 pm		
BRONZE II, A & B Ages 10 & Under	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm			
STROKE SCHOOL Ages 12 & Under							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 11, 2022 - February 21, 2023 (ODD Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOLD III Ages 11-15	5:00-7:00 am	5:00-7:00 am	Dryland 6:30-7:30 pm	5:00-7:00 am	5:00-7:00 am		8:00-10:00 am @ Claude Moore
SILVER II SELECT Ages 14-18	5:00-7:30 am Group A Dryland: 5:30-6:30 pm	5:00-7:30 am Group B Dryland: 5:30-6:30 pm	5:00-7:30 am Group A Dryland: 5:30-6:30 pm	5:00-7:30 am Group B Dryland: 5:30-6:30 pm			8:00-10:30 am @ Dulles South
SILVER I Ages 11-14	5:00-6:30 pm	5:00-6:30 pm		5:00-6:30 pm	5:00-6:30 pm	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	3:30-5:00 pm or 5:00-6:30 pm		5:00-6:30 pm		3:30-5:00 pm		
BRONZE I-B Ages 8-12		3:30-5:00 pm or 5:00-6:30 pm		3:30-5:00 pm or 5:00-6:30 pm		8:00-9:30 am	
BRONZE II, A & B Ages 10 & Under	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm			
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Nation's Capital Swim Club

Dulles South Recreation Center Winter Practice Schedule November 11, 2022 - February 21, 2023 (EVEN Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOLD III Ages 11-15	5:00-7:00 am	5:00-7:00 am	Dryland 6:30-7:30 pm	5:00-7:00 am	5:00-7:00 am		8:00-10:00 am @ Claude Moore
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SILVER I Ages 11-14	5:00-6:30 pm	5:00-6:30 pm		5:00-6:30 pm	5:00-6:30 pm	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			
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BRONZE I-A Ages 8-12	3:30-5:00 pm or 5:00-6:30 pm		5:00-6:30 pm			8:00-9:30 am	
BRONZE I-B Ages 8-12		3:30-5:00 pm or 5:00-6:30 pm		3:30-5:00 pm or 5:00-6:30 pm	3:30-5:00 pm		
BRONZE II, A & B Ages 10 & Under	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm			
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Nation's Capital Swim Club

Dulles South Recreation Center Spring Practice Schedule February 22 - June 19, 2023 (ODD Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOLD III Ages 11-15	5:00-7:00 am	5:00-7:00 am	Dryland 6:30-7:30 pm	5:00-7:00 am	5:00-7:00 am		8:00-10:00 am @ Claude Moore
SILVER II SELECT Ages 14-18	5:00-7:30 am Group A Dryland: 5:30-6:30 pm	5:00-7:30 am Group B Dryland: 5:30-6:30 pm	5:00-7:30 am Group A Dryland: 5:30-6:30 pm	5:00-7:30 am Group B Dryland: 5:30-6:30 pm			8:00-10:30 am @ Dulles South
SILVER I Ages 11-14	5:00-6:30 pm Or 5:00-6:30 am	5:00-6:30 pm		5:00-6:30 pm	5:00-6:30 pm	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	3:30-5:00 pm or 5:00-6:30 pm		3:30-5:00 pm or 5:00-6:30 pm		3:30-5:00 pm		
BRONZE I-B Ages 8-12		3:30-5:00 pm or 5:00-6:30 pm		3:30-5:00 pm or 5:00-6:30 pm		8:00-9:30 am	
BRONZE II, A & B Ages 10 & Under	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm			
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