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| **Vint Hill 2022-2023** |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **Gold 1**High School Age8 practices per week | 4:45-6:15 AM @ Freedom in addition to PM3:00-6:00 PM @ Vint HillDryland 3:00-3:30 | 3:00-6:00 PMDryland 3:00-3:30 | 3:00-6:00 PMDryland 3:00-3:30 | 3:00-6:00 PMDryland 3:00-3:30 | 4:45-6:15 AM @ Freedom in addition to PM3:00-6:00 PM @ Vint HillDryland 3:00-3:30 | 8:00-11:00 AM @ Freedom Sept 10-Oct 22 (10:30-11:00 DL)7:30-10:00 AM @ Vint Hill **beginning November 5th**  |
| **Gold 2**High School Age6 practices per week | 4:45-6:15 AM @ Freedom  | 6:00-8:30 PM @ Vint HillDryland 4:45-5:45 PM | 6:00-8:30 PM @ Vint Hill | 6:00-7:30 PM @ Vint HillDryland 4:45-5:45 PM | 4:45-6:15 AM @ Freedom  | 8:00-11:00 AM @ Freedom Sept 10-Oct 22 (10:30-11:00 DL)10:00 AM-12:30 PM @ Vint Hill **beginning November 5th** |

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

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