

AU DEVELOPMENTAL

FALL 2022 SESSION

Sundays

-10 week session-

30 minute - 4:00pm - 4:35pm - 5:10pm - 5:45pm

60 minute - 4:00pm - 5:10pm

SCHEDULE:

- September 11, 18, 25
- October 2, 9, 23, 30
- November 5, 13
- December 4

**No class Oct 17th (AU Fall Break),
Nov 20th & 27th (Thanksgiving Break)*

OFFERINGS:

- Whales (30 & 60 min)
- Barracudas (60 min)
- Sting Rays (60 min)
- Octopus (60 min)



REGISTRATION:

SUGAST@NATIONSCAPITALSWIMMING.COM