

# Nation's Capital Swim Club

## Dulles South Recreation Center

### Fall Practice Schedule

September 8-13, 2020 (Odd Weeks, continuing through November 8)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>SILVER I-A</b> Ages 11-14	5:00-6:30 am	5:00-6:30 am		5:00-6:30 pm	5:00-6:30 pm	<b>Sunday (With Bronze 1- Select)</b> 10:30am - 12:30 pm
<b>SILVER I-B</b> Ages 11-14		5:00-6:30 pm		5:00-6:30 am	5:00-6:30 pm	<b>Sunday (With Bronze 1- Select)</b> 10:30am - 12:30 pm
<b>SILVER II</b> Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm		
<b>BRONZE I-A</b> Ages 8-12	5:00-6:30 pm		5:00-6:30 pm		3:30-5:00 pm	
<b>BRONZE I-B</b> Ages 8-12		5:00-6:30 pm		5:00-6:30 pm		<b>Saturday</b> 8:00-9:30 am
<b>BRONZE II-A</b> Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
<b>BRONZE II-B</b> Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		

**FOR MORE INFORMATION:** 703-709-8274 [sugast@nationscapitalswimming.com](mailto:sugast@nationscapitalswimming.com) [office@nationscapitalswimming.com](mailto:office@nationscapitalswimming.com)

# Nation's Capital Swim Club

## Dulles South Recreation Center

### Fall Practice Schedule

September 14-20, 2020 (Even Weeks, continuing through November 8)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>SILVER I-A</b> Ages 11-14		5:00-6:30 am		5:00-6:30 pm	5:00-6:30 pm	<b>Sunday (With Bronze 1- Select)</b> 10:30am - 12:30 pm
<b>SILVER I-B</b> Ages 11-14	5:00-6:30 am	5:00-6:30 pm		5:00-6:30 am	5:00-6:30 pm	<b>Sunday (With Bronze 1- Select)</b> 10:30am - 12:30 pm
<b>SILVER II</b> Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm		
<b>BRONZE I-A</b> Ages 8-12	5:00-6:30 pm		5:00-6:30 pm			<b>Saturday</b> 8:00-9:30 am
<b>BRONZE I-B</b> Ages 8-12		5:00-6:30 pm		5:00-6:30 pm	3:30-5:00 pm	
<b>BRONZE II-A</b> Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
<b>BRONZE II-B</b> Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		

**FOR MORE INFORMATION:** 703-709-8274 [sugast@nationscapitalswimming.com](mailto:sugast@nationscapitalswimming.com) [office@nationscapitalswimming.com](mailto:office@nationscapitalswimming.com)