

# Nation's Capital Swim Club

## Claude Moore Recreation Center Fall Practice Schedule September 7-November 7

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>GOLD I</b> Ages 15 & Over	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am 5:00-6:00 pm	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am 5:00-6:00 pm	5:00-7:30 am	<b>Sunday</b> 8:00-10:30 am
<b>GOLD II</b> Ages 13 & Over	5:00-7:30 am	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am	<b>Sunday</b> 8:00-10:30 am
<b>GOLD III</b> Ages 11-15	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South Dryland – 6:30-7:30 pm	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	<b>Sunday</b> 8:00-10:00 am @ Dulles South
<b>SILVER I A &amp; B</b> Ages 10-14	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	
<b>SILVER II</b> Ages 13 & Over	6:30-8:00 pm		6:30-8:00 pm		6:30-8:00 pm	
<b>SILVER III</b> Ages 10-14	5:00-6:30 pm		5:00-6:30 pm		5:00-6:30 pm	
<b>BRONZE I A &amp; B</b> Ages 8-12	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A &amp; B</b> 3:30-5:00 pm	
<b>BRONZE II A &amp; B</b> Ages 10 & Under	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm		
<b>HOME SCHOOL</b> Ages 8 & Over		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am	

**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

## Claude Moore Recreation Center Winter Practice Schedule November 8-February 20

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>GOLD I</b> Ages 15 & Over	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am	5:00-7:30 am	<b>Sunday</b> 8:00-10:30 am
<b>GOLD II</b> Ages 13 & Over	5:00-7:30 am	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am	<b>Sunday</b> 8:00-10:30 am
<b>GOLD III</b> Ages 11-15	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South Dryland – 6:30-7:30 pm	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	<b>Sunday</b> 8:00-10:00 am @ Dulles South
<b>SILVER I A &amp; B</b> Ages 10-14	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Group A</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Group B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Sunday</b> <b>Group A &amp; B</b> 10:30 am-12:00 pm
<b>SILVER II</b> Ages 13 & Over					6:30-8:00 pm	
<b>SILVER III</b> Ages 10-14	5:00-6:30 pm		5:00-6:30 pm		5:00-6:30 pm	
<b>BRONZE I A &amp; B</b> Ages 8-12	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A &amp; B</b> 3:30-5:00 pm	
<b>BRONZE II A &amp; B</b> Ages 10 & Under	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm		
<b>HOME SCHOOL</b> Ages 8 & Over		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am	

**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

## Claude Moore Recreation Center Fall Practice Schedule February 21-May 29\*

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>GOLD I</b> Ages 15 & Over	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am 5:00-6:00 pm	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am 5:00-6:00 pm	5:00-7:30 am	<b>Sunday</b> 8:00-10:30 am
<b>GOLD II</b> Ages 13 & Over	5:00-7:30 am	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am	5:00-7:30 am Dryland – 5:30-6:30 pm	5:00-7:30 am	<b>Sunday</b> 8:00-10:30 am
<b>GOLD III</b> Ages 11-15	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South Dryland – 6:30-7:30 pm	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	<b>Sunday</b> 8:00-10:00 am @ Dulles South
<b>SILVER I A &amp; B</b> Ages 10-14	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	<b>Group A &amp; B</b> 5:00-6:30 pm	
<b>SILVER II</b> Ages 13 & Over	6:30-8:00 pm		6:30-8:00 pm		6:30-8:00 pm	
<b>SILVER III</b> Ages 10-14	5:00-6:30 pm		5:00-6:30 pm		5:00-6:30 pm	
<b>BRONZE I A &amp; B</b> Ages 8-12	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A &amp; B</b> 3:30-5:00 pm	
<b>BRONZE II A &amp; B</b> Ages 10 & Under	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm		
<b>HOME SCHOOL</b> Ages 8 & Over		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am	

\*summer schedule TBA at a later date

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