

Nation's Capital Swim Club

Dulles South Recreation Center

Fall Practice Schedule

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

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14	5:00-6:30 am	5:00-6:30 am		5:00-6:30 pm	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
SILVER I-B Ages 11-14		5:00-6:30 pm		5:00-6:30 am	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
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	5:00-6:30 pm		5:00-6:30 pm		4:00-5:30 pm	
BRONZE I-B Ages 8-12		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Saturday 8:00-9:30 am
BRONZE II-A Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
BRONZE II-B Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		

FOR MORE INFORMATION: 703-709-8274 sugast@nationscapitalswimming.com office@nationscapitalswimming.com

Nation's Capital Swim Club

Dulles South Recreation Center

Fall Practice Schedule

September 14-20, 2020 (Even Weeks, continuing through December 13)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14		5:00-6:30 am		5:00-6:30 pm	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
SILVER I-B Ages 11-14	5:00-6:30 am	5:00-6:30 pm		5:00-6:30 am	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
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	5:00-6:30 pm		5:00-6:30 pm			Saturday 8:00-9:30 am
BRONZE I-B Ages 8-12		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm Late: 5:00-6:30 pm	4:00-5:30 pm	
BRONZE II-A Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
BRONZE II-B Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		

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Nation's Capital Swim Club

Dulles South Recreation Center

Winter Practice Schedule

December 14, 2020 - February 14, 2021 (Odd Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14	5:00-6:30 am	5:00-6:30 am		4:30-6:00 pm	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
SILVER I-B Ages 11-14	5:00-6:30 am	4:30-6:00 pm		5:00-6:30 am	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-7:30 pm	6:30-8:00 pm	6:30-8:00 pm		
SILVER III Ages 10-14	6:30-8:00 pm	6:00-7:30 pm		6:00-7:30 pm		
BRONZE I-A Ages 8-12	5:00-6:30 pm		5:00-6:30 pm		4:00-5:30 pm	
BRONZE I-B Ages 8-12		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Saturday 8:00-9:30 am
BRONZE II-A Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
BRONZE II-B Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		

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Nation's Capital Swim Club

Dulles South Recreation Center

Winter Practice Schedule

December 14, 2020 - February 14, 2021 (Even Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14	5:00-6:30 am	5:00-6:30 am		4:30-6:00 pm	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
SILVER I-B Ages 11-14	5:00-6:30 am	4:30-6:00 pm		5:00-6:30 am	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-7:30 pm	6:30-8:00 pm	6:30-8:00 pm		
SILVER III Ages 10-14	6:30-8:00 pm	6:00-7:30 pm		6:00-7:30 pm		
BRONZE I-A Ages 8-12	5:00-6:30 pm		5:00-6:30 pm			Saturday 8:00-9:30 am
BRONZE I-B Ages 8-12		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm Late: 5:00-6:30 pm	4:00-5:30 pm	
BRONZE II-A Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
BRONZE II-B Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		

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Nation's Capital Swim Club

Dulles South Recreation Center Spring Practice Schedule February 15 - June 6, 2021 (Odd Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14	5:00-6:30 am	5:00-6:30 am		5:00-6:30 pm	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
SILVER I-B Ages 11-14	5:00-6:30 am	5:00-6:30 pm		5:00-6:30 am	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
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	5:00-6:30 pm		5:00-6:30 pm		4:00-5:30 pm	
BRONZE I-B Ages 8-12		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Saturday 8:00-9:30 am
BRONZE II-A Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
BRONZE II-B Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		

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Nation's Capital Swim Club

Dulles South Recreation Center

Winter Practice Schedule

February 15 - June 6, 2021 (Even Weeks)

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
SILVER I-A Ages 11-14	5:00-6:30 am	5:00-6:30 am		5:00-6:30 pm	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
SILVER I-B Ages 11-14	5:00-6:30 am	5:00-6:30 pm		5:00-6:30 am	5:30-7:00 pm	Sunday (With Bronze 1- Select) 10:30am - 12:30 pm
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-7:30 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	5:00-6:30 pm		5:00-6:30 pm			Saturday 8:00-9:30 am
BRONZE I-B Ages 8-12		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm Late: 5:00-6:30 pm	4:00-5:30 pm	
BRONZE II-A Ages 10 & Under	3:30-5:00 pm		3:30-5:00 pm			
BRONZE II-B Ages 10 & Under		3:30-5:00 pm		3:30-5:00 pm		

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