

Nation's Capital Swim Club

Claude Moore Recreation Center Fall Practice Schedule September 8-November 8

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
GOLD I Ages 15 & Over	7:30-10:00 am	5:00-7:30 am @ Dulles South	5:00-7:30 am @ Dulles South	5:00-7:30 am @ Dulles South	5:00-7:30 am @ Dulles South	Sunday 8:00-10:30 am @ Dulles South
GOLD II Ages 13 & Over	5:00-7:30 am	Group A – 5:00-6:50 am Group B – 6:30-8:20 am	Group A – 5:00-6:50 am Group B – 6:30-8:20 am	Group A – 5:00-6:50 am Group B – 6:30-8:20 am	5:00-7:30 am	Sunday 8:00-10:30 am @ Dulles South
GOLD III Ages 11-15	5:00-7:00 am @ Dulles South	5:00-6:30 am	5:00-6:30 am	5:00-6:30 am	6:30-8:00 pm	Sunday 8:00-10:00 am
SILVER I Ages 10-14	5:00-6:30 pm	5:00-6:30 pm	5:00-6:30 pm	5:00-6:30 pm	5:00-6:30 pm	
SILVER II Ages 13 & Over	6:30-8:00 pm		6:30-8:00 pm	6:30-8:00 pm		
SILVER III Ages 10-14	5:00-6:30 pm		5:00-6:30 pm		5:00-6:30 pm	
BRONZE I Ages 8-12	3:30-5:00 pm		3:30-5:00 pm		3:30-5:00 pm	
BRONZE II A & B Ages 10 & Under	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm	Group A 3:30-5:00 pm	Group B 3:30-5:00 pm		
HOME SCHOOL 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 office@nationscapitalswimming.com