

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 |
|---------------------------------------|--------------|--------------|--------------|--------------|--------------|---|
| 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 | | |
| 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 | | 5:00-6:30 pm | | 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 November 8)

| 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 | | |
| 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 | | 5:00-6:30 pm | | 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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