

Nation's Capital Swim Club

Claude Moore Recreation Center Fall Practice Schedule September 6-November 6

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
GOLD I 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	Sunday 8:00-10:30 am @ Dulles South
GOLD II Ages 13-16	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	Sunday 8:00-10:30 am @ Dulles South
GOLD III Ages 11-15	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-6:00 am Dryland – 6:30-7:30 pm	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	Sunday 8:00-10:00 am @ Claude Moore
SILVER II SELECT Ages 14 & Over	5:00-7:30 am @ Dulles South Group A Dryland 5:30-6:30 pm	5:00-7:30 am @ Dulles South Group B Dryland 5:30-6:30 pm	5:00-7:30 am @ Dulles South Group A Dryland 5:30-6:30 pm	5:00-7:30 am @ Dulles South Group B Dryland 5:30-6:30 pm		Sunday 8:00-10:30 am @ Dulles South
SILVER I A & B Ages 10-14	Group A & B 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Group A & B 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 A & B Ages 10-14	Group A & B 5:00-6:30 pm		Group A & B 5:00-6:30 pm		Group A & B 5:00-6:30 pm	
BRONZE I A & B Ages 8-12	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	Group A & B 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		
HOMESCHOOL Ages 8 & Over		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am	

Nation's Capital Swim Club

Claude Moore Recreation Center
 Winter Practice Schedule
 November 7-February 19

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
GOLD I 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	Sunday 8:00-10:30 am @ Dulles South
GOLD II Ages 13-16	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	Sunday 8:00-10:30 am @ Dulles South
GOLD III Ages 11-15	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-6:00 am Dryland – 6:30-7:30 pm	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	Sunday 8:00-10:00 am @ Claude Moore
SILVER II SELECT Ages 14 & Over	5:00-7:30 am @ Dulles South Group A Dryland 5:30-6:30 pm	5:00-7:30 am @ Dulles South Group B Dryland 5:30-6:30 pm	5:00-7:30 am @ Dulles South Group A Dryland 5:30-6:30 pm	5:00-7:30 am @ Dulles South Group B Dryland 5:30-6:30 pm		Sunday 8:00-10:30 am @ Dulles South
SILVER I A & B Ages 10-14	Group A & B 5:00-6:30 pm	Group A 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Group B 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Sunday Group A & B 10:00-11:30 am
SILVER II Ages 13 & Over					6:30-8:00 pm	
SILVER III A & B Ages 10-14	Group A & B 5:00-6:30 pm		Group A & B 5:00-6:30 pm	Group A 6:30-8:00 pm	Group B 5:00-6:30 pm	
BRONZE I A & B Ages 8-12	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	Group A & B 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		
HOMESCHOOL Ages 8 & Over		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am	

Nation's Capital Swim Club

Claude Moore Recreation Center

Spring Practice Schedule

February 20-May 28*

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
GOLD I 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	Sunday 8:00-10:30 am @ Dulles South
GOLD II Ages 13-16	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	Sunday 8:00-10:30 am @ Dulles South
GOLD III Ages 11-15	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	5:00-6:00 am Dryland – 6:30-7:30 pm	5:00-7:00 am @ Dulles South	5:00-7:00 am @ Dulles South	Sunday 8:00-10:00 am @ Claude Moore
SILVER II SELECT Ages 14 & Over	5:00-7:30 am @ Dulles South Group A Dryland 5:30-6:30 pm	5:00-7:30 am @ Dulles South Group B Dryland 5:30-6:30 pm	5:00-7:30 am @ Dulles South Group A Dryland 5:30-6:30 pm	5:00-7:30 am @ Dulles South Group B Dryland 5:30-6:30 pm		Sunday 8:00-10:30 am @ Dulles South
SILVER I A & B Ages 10-14	Group A & B 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Group A & B 5:00-6:30 pm	Group A & B 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 A & B Ages 10-14	Group A & B 5:00-6:30 pm		Group A & B 5:00-6:30 pm		Group A & B 5:00-6:30 pm	
BRONZE I A & B Ages 8-12	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	Group A & B 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		
HOMESCHOOL 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 office@nationscapitalswimming.com