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| **WARF 2022-2023** |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
| **Bronze 2**8-12 years old3-5 practices /weekSept-July | 5:30-7:00 PM  | 6:00-7:00 PM \*\*\*DL 5:30-6:00**Nov-Feb Below**6:30-8:00 PM \*\*\*DL 6:00-6:30 PM | 6:00-7:00 PM **Nov-Feb Below**6:30-7:30 PM  | 6:00-7:00 PM \*\*DL 5:30-6:00**Nov-Feb Below**7:00-8:00 PM  |  | 2:00-3:30 PM **Nov-Feb Below**1:30-3:30 PM \*\*\* DL 1:30-2:00 PM |
| **Bronze 1****11-14 years old**4-6 practices/weekSept-July | 5:00-6:30 AM | 4:30-6:00 PM \*DL 6:00-6:30**Nov-Feb Below**5:00-6:30 PM DL 6:30-7:00 | 4:30-6:00 PM **Nov-Feb Below**5:00-6:30 PM  | 4:30-6:00 PM \*\*DL 6:00-6:30**Nov-Feb Below**5:30-7:00 PM  | 5:00-6:30 AM | 12:30-2:00 PM **Nov-Feb Below**12:30-2:30 PM DL 2:00-2:30 PM |

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| **Gold 3**High School Age3-5 Practices/weekSept-May or July (Gold 3 Plus) | 6:00-8:00 PM @ Vint Hill6:00-6:30 DL | 7:00-8:30 PM @ WARF **Nov-Feb Below**5:00-6:30 PM @WARF  | 7:00-8:30 PM @ WARF **Nov-Feb Below**5:00-6:30 PM @WARF  | 7:00-8:30 PM @ WARF **Nov-Feb Below**5:30-7:00 PM @WARF  |  | 1:00-3:00 PM @ Vint Hill1:00-1:30 DL |

Unless otherwise stated, groups are a year-long commitment, September to July/August

For more information: sugast@nationscapitalswimming.com