

# AU DEVELOPMENTAL

## FALL 2021 SESSION

### Sundays

-10 week session-

30 minute - 4:00pm - 4:35pm - 5:10pm - 5:45pm

60 minute - 4:00pm - 5:10pm

### SCHEDULE:

- September 12, 19, 26
- October 3, 10, 24
- November 7, 14, 21
- December 5

### OFFERINGS:

- Whales (30 & 60 min)
- Barracudas (60 min)
- Sting Rays (60 min)
- Octopus (60 min)



REGISTRATION:

[SUGAST@NATIONSCAPITALSWIMMING.COM](mailto:SUGAST@NATIONSCAPITALSWIMMING.COM)