

# Nation's Capital Swim Club

## Dulles South Recreation Center Fall Practice Schedule September 5 - November 5, 2023

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GOLD III</b> Ages 11-15	5:00-7:00 am	5:00-7:00 am <b>Group A Dryland:</b> 6:30-7:30 pm	5:00-6:00 am	5:00-7:00 am <b>Group B Dryland:</b> 6:30-7:30 pm	5:00-7:00 am		8:00-10:00 am <b>@ Claude Moore</b>
<b>SILVER II SELECT</b> Ages 14-18	5:00-7:00 am <b>Dryland:</b> 5:30-6:30 pm	5:00-7:00 am	5:00-7:00 am <b>Dryland:</b> 5:30-6:30 pm	5:00-7:00 am	<b>Seniors:</b> 5:00-7:00 am		8:00-10:30 am <b>@ Dulles South</b>
<b>SILVER I</b> Ages 11-14	5:00-6:30 pm	5:00-6:30 pm		5:00-6:30 pm	5:00-6:30 pm	8:00-10:00 am	
<b>SILVER II</b> Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm			
<b>SILVER III</b> Ages 10-14	6:30-8:00 pm	6:30-8:00 pm		6:30-8:00 pm			
<b>BRONZE I-A</b> Ages 8-12	<b>Early:</b> 3:30-5:00 pm <b>Late:</b> 5:00-6:30 pm		<b>Early:</b> 3:30-5:00 pm <b>Late:</b> 5:00-6:30 pm		<b>Early:</b> 3:30-5:00 pm	<b>Late:</b> 8:00-9:30 am	
<b>BRONZE I-B</b> Ages 8-12		<b>Early:</b> 3:30-5:00 pm <b>Late:</b> 5:00-6:30 pm		<b>Early:</b> 3:30-5:00 pm <b>Late:</b> 5:00-6:30 pm	<b>Early:</b> 3:30-5:00 pm	<b>Late:</b> 8:00-9:30 am	
<b>BRONZE II, A &amp; B</b> Ages 10 & Under	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm			
<b>HOMESCHOOL</b> Ages 8 & Over		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am		
<b>STROKE SCHOOL</b> Ages 12 & Under							3:30-4:30 pm 4:30-5:30 pm

**FOR MORE INFORMATION:** 703-709-8274 [sugast@nationscapitalswimming.com](mailto:sugast@nationscapitalswimming.com) [office@nationscapitalswimming.com](mailto:office@nationscapitalswimming.com)

# Nation's Capital Swim Club

## Dulles South Recreation Center Winter Practice Schedule November 6, 2023 - February 18, 2024

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GOLD III</b> Ages 11-15	5:00-7:00 am	5:00-7:00 am <b>Group A Dryland:</b> 6:30-7:30 pm	5:00-6:00 am	5:00-7:00 am <b>Group B Dryland:</b> 6:30-7:30 pm	5:00-7:00 am		8:00-10:00 am <b>@ Claude Moore</b>
<b>SILVER II SELECT</b> Ages 14-18	5:00-7:00 am <b>Dryland:</b> 5:30-6:30 pm	5:00-7:00 am	5:00-7:00 am <b>Dryland:</b> 5:30-6:30 pm	5:00-7:00 am	<b>Seniors:</b> 5:00-7:00 am		8:00-10:30 am <b>@ Dulles South</b>
<b>SILVER I</b> Ages 11-14	5:00-6:30 pm	5:00-6:30 pm		5:00-6:30 pm	5:00-6:30 pm	8:00-10:00 am	
<b>SILVER II</b> Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm			
<b>SILVER III</b> Ages 10-14	6:30-8:00 pm	6:30-8:00 pm		6:30-8:00 pm			
<b>BRONZE I-A</b> Ages 8-12	<b>Early:</b> 3:30-5:00 pm <b>Late:</b> 5:00-6:30 pm		<b>Early &amp; Late:</b> 5:00-6:30 pm		<b>Early:</b> 3:30-5:00 pm	<b>Late:</b> 8:00-9:30 am	
<b>BRONZE I-B</b> Ages 8-12		<b>Early:</b> 3:30-5:00 pm <b>Late:</b> 5:00-6:30 pm		<b>Early:</b> 3:30-5:00 pm <b>Late:</b> 5:00-6:30 pm	<b>Early:</b> 3:30-5:00 pm	<b>Late:</b> 8:00-9:30 am	
<b>BRONZE II, A &amp; B</b> Ages 10 & Under	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm			
<b>HOMESCHOOL</b> Ages 8 & Over		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am		
<b>STROKE SCHOOL</b> Ages 12 & Under							3:30-4:30 pm 4:30-5:30 pm

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# Nation's Capital Swim Club

## Dulles South Recreation Center Spring Practice Schedule February 19 - June 16, 2024

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GOLD III</b> Ages 11-15	5:00-7:00 am	5:00-7:00 am <b>Group A Dryland:</b> 6:30-7:30 pm	5:00-6:00 am	5:00-7:00 am <b>Group B Dryland:</b> 6:30-7:30 pm	5:00-7:00 am		8:00-10:00 am <b>@ Claude Moore</b>
<b>SILVER II SELECT</b> Ages 14-18	5:00-7:00 am <b>Dryland:</b> 5:30-6:30 pm	5:00-7:00 am	5:00-7:00 am <b>Dryland:</b> 5:30-6:30 pm	5:00-7:00 am	<b>Seniors:</b> 5:00-7:00 am		8:00-10:30 am <b>@ Dulles South</b>
<b>SILVER I</b> Ages 11-14	5:00-6:30 pm	5:00-6:30 pm		5:00-6:30 pm	5:00-6:30 pm	8:00-10:00 am	
<b>SILVER II</b> Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm			
<b>SILVER III</b> Ages 10-14	6:30-8:00 pm	6:30-8:00 pm		6:30-8:00 pm			
<b>BRONZE I-A</b> Ages 8-12	<b>Early:</b> 3:30-5:00 pm <b>Late:</b> 5:00-6:30 pm		<b>Early &amp; Late:</b> 5:00-6:30 pm		<b>Early:</b> 3:30-5:00 pm	<b>Late:</b> 8:00-9:30 am	
<b>BRONZE I-B</b> Ages 8-12		<b>Early:</b> 3:30-5:00 pm <b>Late:</b> 5:00-6:30 pm		<b>Early:</b> 3:30-5:00 pm <b>Late:</b> 5:00-6:30 pm	<b>Early:</b> 3:30-5:00 pm	<b>Late:</b> 8:00-9:30 am	
<b>BRONZE II, A &amp; B</b> Ages 10 & Under	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm	<b>Group A</b> 3:30-5:00 pm	<b>Group B</b> 3:30-5:00 pm			
<b>HOMESCHOOL</b> Ages 8 & Over		8:00-9:00 am		8:00-9:00 am	8:00-9:00 am		
<b>STROKE SCHOOL</b> Ages 12 & Under							3:30-4:30 pm 4:30-5:30 pm

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