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| **Vint Hill 2023-2024** |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **Gold 2**15 & Over6 practices/weekAug-July | 4:45-6:15 AM @ Free | 6:00-8:30 PM @ VH\*DL 4:45-5:45 PM | 6:00-8:30 PM  @ VH | 6:00-7:30 PM @ VH\*DL 4:45-5:45 PM | 4:45-6:15 AM @ Free | 8:00-10:30 AM through Nov 11@ FreeNov 18- May9:30-12:00 @ VH |
| **Gold 1**15 and Over8 practices/weekAug-July | 4:45-6:15 AM @ FreeAND3:30-6:00 PM @ VH | 3:30-6:00 PM @ VH\*DL 6:15-7:15 PM | 3:30-6:00 PM @ VH | 3:30-6:00 PM @ VH\*DL 6:15-7:15 PM | 4:45-6:15 AM @ FreeAND3:30-6:00 PM @ VH | 8:00-10:30 AM through Nov 11@ FreeNov 18- May7:00-9:30 AM @ VH |

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

For more information: sugast@nationscapitalswimming.com