

Nation's Capital Swim Club

Dulles South Recreation Center Fall Practice Schedule September 2 - November 10, 2023

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOLD III (@ Claude Moore) Ages 11-15	5:00-7:00 am	5:00-7:00 am	5:00-6:00 am @ Dulles South	5:00-7:00 am	5:00-7:00 am		8:00-10:00 am @ Claude Moore
SILVER II SELECT (@ Claude Moore) Ages 14-18	5:00-7:00 am	5:00-7:00 am	5:00-7:00 am @ Dulles South.	5:00-7:00 am	5:00-7:00 am	8:00-10:00 am @ Dulles South	
SILVER I 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	
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm			
SILVER III Ages 10-14	6:30-8:00 pm	6:30-8:00 pm		6:30-8:00 pm			
BRONZE I-A Ages 8-12	Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm	Late: 8:00-9:30 am	
BRONZE I-B Ages 8-12		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm Late: 5:00-6:30 pm	Early: 3:30-5:00 pm	Late: 8:00-9:30 am	
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			
STROKE SCHOOL Ages 12 & Under							3:30-4:30 pm 4:30-5:30 pm

FOR MORE INFORMATION: 703-709-8274 sugast@nationscapitalswimming.com office@nationscapitalswimming.com

Nation's Capital Swim Club

Dulles South Recreation Center Winter Practice Schedule November 11, 2023 - February 23, 2024

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOLD III (@ Claude Moore) Ages 11-15	5:00-7:00 am	5:00-7:00 am	5:00-6:00 am @ Dulles South	5:00-7:00 am	5:00-7:00 am		8:00-10:00 am @ Claude Moore
SILVER II SELECT (@ Claude Moore) Ages 14-18	5:00-7:00 am @ Dulles South.	5:00-7:00 am	5:00-7:00 am @ Dulles South.	5:00-7:00 am	5:00-7:00 am	8:00-10:00 am @ Dulles South	
SILVER I 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	
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm			
SILVER III Ages 10-14	6:30-8:00 pm	6:30-8:00 pm		6:30-8:00 pm			
BRONZE I-A Ages 8-12	Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early & Late: 5:00-6:30 pm		Early: 3:30-5:00 pm	Late: 8:00-9:30 am	
BRONZE I-B Ages 8-12		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm Late: 5:00-6:30 pm	Early: 3:30-5:00 pm	Late: 8:00-9:30 am	
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			
STROKE SCHOOL 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 24 - June 17, 2024

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOLD III (@ Claude Moore) Ages 11-15	5:00-7:00 am	5:00-7:00 am	5:00-7:00 am	5:00-7:00 am	5:00-7:00 am		8:00-10:00 am @ Claude Moore
SILVER II SELECT (@ Claude Moore) Ages 14-18	5:00-7:00 am @ Dulles South.	5:00-7:00 am	5:00-7:00 am @ Dulles South.	5:00-7:00 am	5:00-7:00 am	8:00-10:00 am @ Dulles South	
SILVER I 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	
SILVER II Ages 13 & Over	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm	6:30-8:00 pm			
SILVER III Ages 10-14	6:30-8:00 pm	6:30-8:00 pm		6:30-8:00 pm			
BRONZE I-A Ages 8-12	Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm	Late: 8:00-9:30 am	
BRONZE I-B Ages 8-12		Early: 3:30-5:00 pm Late: 5:00-6:30 pm		Early: 3:30-5:00 pm Late: 5:00-6:30 pm	Early: 3:30-5:00 pm	Late: 8:00-9:30 am	
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			
STROKE SCHOOL Ages 12 & Under							3:30-4:30 pm 4:30-5:30 pm

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