

Capital City Swimming Spring Season

Dates for USA Competition Groups: March 28th – May 31st (9.5 Weeks)

Dates for Non-Competition Groups (Spring Clinics:) April 10th – May 31st (6.5 Weeks)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Silver & Bronze 1:00-3:00 <i>Dryland After</i></p> <p>White/Blue: 3:00-4:15</p> <p>Red: 4:15-5:15</p>	<p>Silver 4:15-6:15 and Varsity Spring Clinic: 4:15-5:15</p> <p>JV Spring Clinic: 6:15-7:00</p>	<p>Silver & Bronze 6:30-8:30 p.m. JV Spring Clinic: 4:15-5:00</p> <p>Red: 5:00 – 5:45</p> <p>Rainbow: 5:45-6:30</p>	<p>Silver & Bronze 4:15-6:15 <i>Dryland After</i></p> <p>White/Blue: 6:15 – 7:30</p>	<p>Silver 6:30 – 8:30 and Varsity Spring Clinic: 6:30-7:30 p.m.</p> <p>White/Blue 4:15-5:30</p>	<p>Silver & Bronze 5:30-7:30 <i>Dryland Before</i></p> <p>White/Blue: 5:30-6:45</p> <p>Red: 5:30-6:30</p> <p>JV & Varsity Spring Clinic: 5:30-6:30</p>