**2018-19 Swim Macon SC Practice Schedule**

**\*\*Full schedule begins Sept 3, 2018 for all groups\*\***

**SENIORS & JUNIORS will begin Aug 13 and practice Mon, Wed, Thurs from 4:30-6pm**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **MON** | **TUES** | **WED** | **THU** | **FRI** | **SAT** |
| **SENIORS** | **4:30-6:30pm** | **4:30-6:30pm** | **4:30-6:30pm** | **4:30-6:30pm** | **4:15-6pm** | **8-11am** |
|  | **Dryland**  **6:40-7:30pm** |  | **Dryland**  **6:40-7:30pm** |
| **JUNIORS** | **4:30-6:15pm** | **4:30-6:15pm** | **4:30-6:15pm** | **4:30-6:15pm** | **4:15-6pm** | **8-10:30am** |
| **Dryland**  **6:40-7:30pm** | **Dryland**  **6:40-7:30pm** |
| **GOLD** | **4:30-6pm** | **4:30-6pm** | **4:30-6pm** | **4:30-6pm** | **OFF** | **8-9:30AM** |
| **SILVER** | **6:30-7:30pm** | **6:30-7:30pm** | **6:30-7:30pm** | **6:30-7:30pm** | **OFF** | **10-11am** |
| **BRONZE** | **6:15-7:15pm** | **6:15-7:15pm** | **OFF** | **6:15-7:15pm** | **4:15-5:15pm** | **10-11am** |
| **Home School** | **OFF** | **2:30-3:30pm** | **2:30-3:30pm** | **2:30-3:30pm** | **OFF** | **10-11am** |

**\*\*\*Pre-Competitive Classes will be 6-6:30pm and 6:30-7pm either Mon & Wed OR Tue & Thu beginning Sept 3rd\*\*\***

**Coaches: Senior & Silver- Jason; Junior & Pre-Comp- Phil; Gold- Tana; Bronze- Vivi & Nikki D.**