**2019-20 Swim Macon SC Practice Schedule**

**\*\*Full schedule begins Sept 2, 2019 for all groups\*\***

**SENIORS & JUNIORS will begin Aug 19 and practice Tues, Wed, Thurs from 4:30-6:30pm**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **MON** | **TUES** | **WED** | **THU** | **FRI** | **SAT** |
| **SENIORS** | **4:30-6:30pm** | **4:30-6:30pm** | **4:30-7pm** | **4:30-6:30pm** | **4:15-6:15pm** | **8-11am** |
|  |  |  |  |
| **JUNIORS** | **4:30-6:15pm** | **4:30-6:15pm** | **4:30-6:15pm** | **4:30-6:15pm** | **4:15-6pm** | **8-10am** |
|  |  |
| **GOLD** | **5:30-7pm** | **5:30-7pm** | **5:30-7pm** | **5:30-7pm** | **OFF** | **9:30-11am** |
| **SILVER** | **4:30-5:30pm** | **4:30-5:30pm** | **OFF** | **4:30-5:30pm** | **4:15-5:15pm** | **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 will be 6-6:30pm and 6:30-7pm either Mon & Wed OR Tue & Thu on Sept 2nd\***

**\*\*LTS will be same format 6-6:30pm & 6:30-7pm\*\***

**Coaches: Senior-Jason; Junior- Phil; Gold-Vivi; Silver- Tana; Bronze- Jason &/or Michaela.**