**2019 Swim Macon Summer Practice Schedule**

**\*\*Begins June 3, 2019\*\***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | MON | TUES | WED | THU | FRI | SAT |
| SENIORS | **7-9:15AM**HIGHLANDS | **7-9:15AM**NORTHSIDE | **7-9:15AM**HIGHLANDS | **7-9:15AM**NORTHSIDE | **7-9:15AM**HIGHLANDS\*High Performance off on Friday\* | **8-10AM**HIGHLANDS |
| **3:30-5:00PM**NORTHSIDE | **3:30-5:00PM**NORTHSIDE | **3:30-5:00PM**NORTHSIDE | **3:30-5:00PM**NORTHSIDE |
| JUNIORS | **7:30-9:00AM**HIGHLANDS | **7:30-9:00AM**NORTHSIDE | **7:30-9:00AM**HIGHLANDS | **7:30-9:00AM**NORTHSIDE | **7:30-9:00AM**HIGHLANDS | **8-10AM**HIGHLANDS |
| **3:30-5PM**NORTHSIDE | **3:30-5PM**NORTHSIDE |
| GOLD | **8-9:30AM**HIGHLANDS | **8-9:30AM**NORTHSIDE | **8-9:30AM**HIGHLANDS | **8-9:30AM**NORTHSIDE | **8-9:30AM**HIGHLANDS | **8-9:30AM**HIGHLANDS |
| SILVER | **8:30-10AM**NORTHSIDE | **8:30-10AM**NORTHSIDE | **8:30-10AM**NORTHSIDE | **8:30-10AM**NORTHSIDE | **8:30-10AM**NORTHSIDE |  |
| BRONZE | **9-10:15AM**NORTHSIDE | **9-10:15AM**NORTHSIDE | **9-10:15AM**NORTHSIDE | **9-10:15AM**NORTHSIDE | **9-10:15AM**NORTHSIDE |  |
| SUMMER LEAGUE/ BRONZE | **5:30-7PM**NORTHSIDE | **5:30-7PM**NORTHSIDE | **5:30-7PM**NORTHSIDE | **5:30-7PM**NORTHSIDE |  |  |

**\*\*Bronze will do 15 min of basic movement dryland 9-9:15am\*\***

**\*\*Silver will do 30 min basic movement & core dryland 8:30-9am\*\***