

SwimAtlanta Midway 2017-2018 Practice Schedule Begins August 21							
Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
<b>National:</b> designed for the highest level swimmers at the national and sectional levels. The group's focus is to develop elite and college level athletes. Weights/dryland as directed by the coaching staff. Meet participation and double practices are mandatory for this group.	5:00 - 6:30 am 4:00-6:30pm	4:00-6:30pm	5:00 - 6:30 am 4:00-6:30pm	4:00-6:30pm	4:15-7:00pm	7:00-9:00am	9 monthly installments of \$296 from Sept.-May covers 12 months of swimming
<b>Senior 1:</b> designed for the committed and highly motivated swimmer ages 13 and over. This group is comprised of sectional and state level athletes. This group is in preparation for the National Team. Dryland/weights as directed by the coaching staff. Meet participation and double practices are required.	5:00 - 6:30 am 6:30-8:30pm	6:30-8:30pm	5:00 - 6:30 am 6:30-8:30pm	6:30-8:30pm	6:15-8:15pm	7:00-9:00am	9 monthly installments of \$260 from Sept.-May covers 12 months of swimming
<b>Senior 2:</b> designed to offer a variety of levels for high school and middle school swimmers. The group provides growth and development for swimmers wanting to compete year round and high school. Dryland is included in this group for strength development. Meet participation is optional.	8:00-9:30pm	8:00-9:30pm	8:00-9:30pm	8:00-9:30pm		9:00-10:30am	9 monthly installments of \$205 from Sept.-May covers 12 months of swimming
<b>Senior Prep:</b> Designed to help promising middle to early high school swimmers transition from Age Group & Sr. II swimming to Senior level swimming. This group is designed to increase strength and stamina .Dryland is included in this group for strength development. Meet participation is required.	7:30 - 9:30 pm	7:30 - 9:30 pm	7:30 - 9:30 pm	7:30 - 9:30 pm	7:30 - 9:00 pm	6:00-7:30 am	9 monthly installments of \$205 from Sept.-May covers 12 months of swimming
<b>Pre- Senior:</b> designed for swimmers who are comfortable with the four competitive strokes, starts, and turns and are ready to begin basic training methods. Meet participation is optional.	8:00-9:30pm	8:00-9:30pm	8:00-9:30pm	8:00-9:30pm		11:30am - 12:30pm	9 monthly installments of \$171 from Sept.-May covers 12 months of swimming
<b>Advanced Age Group:</b> for advanced and committed age group swimmers who have mastered stroke techniques, starts, and turns and are prepared to begin advanced training methods. Meet participation is required.	6:30-8:00pm	6:00-8:00pm	6:30-8:00pm	6:00-8:00pm	6:30-8:00pm	9:00-10:30am	9 monthly installments of \$212 from Sept.-May covers 12 months of swimming
<b>Diamond:</b> designed for middle school aged swimmers wanting a more challenging practice to improve their skills more rapidly. These swimmers are prepared to begin more advanced training methods. Dryland included. Meet participation is recommended.		5:30-7:00pm		5:30-7:00pm	5:30-7:00pm	10:00-11:30am	9 monthly installments of \$163 from Sept.-May covers 12 months of swimming
<b>Gold:</b> younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training. Meet participation is recommended.	5:30-6:30pm		5:30-6:30pm		5:30-6:30pm	10:30-11:30am	9 monthly installments of \$147 from Sept.-May covers 12 months of swimming
<b>Blue 1:</b> designed for swimmers who are comfortable with the four competitive strokes, starts, and turns and are ready to begin basic training methods. Meet participation is optional.	4:30-5:30pm		4:30-5:30pm		4:30-5:30pm	11:30-12:30pm	9 monthly installments of \$144 from Sept.-May covers 12 months of swimming
<b>Blue 2:</b> designed for swimmers who are comfortable with the four competitive strokes, starts, and turns and are ready to begin basic training methods. Meet participation is optional.		4:30-5:30pm		4:30-5:30pm		11:30-12:30pm	9 monthly installments of \$144 from Sept.-May covers 12 months of swimming
<b>White 1:</b> designed for swimmers who are comfortable with the four competitive strokes and are ready to learn advanced stroke techniques, starts, and turns. Meet participation is optional.	3:45-4:30pm		3:45-4:30pm		3:45-4:30pm	11:30-12:15pm	9 monthly installments of \$123 from Sept.-May covers 12 months of swimming
<b>White 2:</b> designed for swimmers who are comfortable with the four competitive strokes and are ready to learn advanced stroke techniques, starts, and turns. Meet participation is optional.		3:45-4:30pm		3:45-4:30pm	3:45-4:30pm	11:30-12:15pm	9 monthly installments of \$123 from Sept.-May covers 12 months of swimming
<b>Red 1:</b> designed to start young swimmers into year round swimming. Focus is on basic techniques in a fun and rewarding environment. Meet participation is optional.	3:45-4:30pm		3:45-4:30pm		3:45-4:30pm		9 monthly installments of \$106 from Sept.-May covers 12 months of swimming
<b>Red 2:</b> designed to start young swimmers into year round swimming. Focus is on basic techniques in a fun and rewarding environment. Meet participation is optional.		3:45-4:30pm		3:45-4:30pm	3:45-4:30pm		9 monthly installments of \$106 from Sept.-May covers 12 months of swimming
<b>Midway Home School</b>							9 monthly installments of \$84 from Sept.-May covers 12 months of swimming
<b>Platinum:</b> designed for beginner to intermediate home school swimmers looking to improve on stroke techniques and conditioning.	2:30 - 3:30 pm	2:30 - 3:30 pm	2:30 - 3:30 pm	2:30 - 3:30 pm	2:30 - 3:30 pm		
<b>Masters:</b> designed for adults to improve technique and endurance.	12:00-1:00pm	5:00-6:15am	12:00-1:00pm	5:00-6:15am	5:00-6:15am and 12:00-1:00pm		\$42 per month.