

2018-2019 SwimAtlanta **MIDWAY (Cumming)** Practice Schedule and Fees *[Tuition is paid in 9 monthly installments. Sept.-May]*

 Team 	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
National: 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. Meets participation and double practices are mandatory for this group.	5:00-6:30 am 4:00-6:30 pm	4:00-6:30pm	5:00 - 6:30 am 4:00 - 6:30 pm	4:00 -6:30 pm	4:30-6:45pm	7:00-9:00 am	\$299
Senior 1: designed for the committed and highly motivated senior level swimmers. This group is designed to develop sectional and state level athletes for the National Team. Dryland/weights as directed by the coaching staff. Meet participation and double practices are required.	5:00-6:30 am 6:30-8:30 pm	6:30-8:30pm	5:00 - 6:30 am 6:30 - 8:30 pm	6:30 -8:30pm	4:30-6:45pm	7:00-9:00 am	\$263
Senior 2: designed to help promising high school swimmers transition from Age Group swimming to Senior level swimming. This group is designed to increase strength and stamina for fully committed athletes that have shown over time they are able meet the rigors of year-round competition. Dryland is included. Meet participation is required.	7:30-9:30 pm	7:30-9:30pm	7:30 - 9:30 pm	7:30 - 9:30pm	7:00-8:30pm	9:00-10:30am	\$208
Senior 3: designed to offer an intermediate to advanced level of training for high school and middle school swimmers. This group develops strength and stamina for swimmers wanting to compete year round and high school. Meet participation is expected during the Fall/Winter & Summer seasons.	8:00-9:30 pm	8:00-9:30pm	8:00 - 9:30 pm	8:00 - 9:30pm	none	11:30- 12:30pm	\$174
Senior AM: designed to develop multiple levels of swimmers who are comfortable with the four competitive strokes, starts, and turns. The level of this group focuses on developing swimmers towards high school level swimming. These swimmers are ready to begin basic to intermediate training methods. Meet participation is optional.	none	6:15-7:15am	none	6:15 - 7:15am	6:15-7:15am	Assigned by Coach.	\$150
Advanced Age Group: designed for advanced and committed age group swimmers who have mastered all four strokes. The primary focus is to prepare athletes to compete at State and Sectional levels. Practice attendance and time standards are required to participate in this group. Meet participation is mandatory.	5:30-7:00 pm	5:00-7:00pm	5:30 - 7:00 pm	5:00 - 7:00pm	7:00-8:30pm	9:00 - 10:30 am	\$215
Age Group 1: designed for middle school aged swimmers who are ready for more challenging practice to improve their skills more rapidly. These swimmers are prepared to begin the move towards advanced training methods. Dryland included. Meet participation is required.	none	6:30-8:00pm	none	6:30 - 8:00pm	7:00-8:30pm	9:00 - 10:30 am	\$166
Age Group 2: designed for middle school swimmers wanting to development proficient competitive strokes. Develops confidence in the swimmer's stroke abilities. The primary focus is to prepare athletes to be successful at all four strokes and meets. Dryland included. Meet participation is recommended.	6:30-8:00 pm	none	6:30 - 8:00 pm	none	6:00-7:00pm	10:30 - 11:30 am	\$139
Gold: designed for younger swimmers who posses specific skills early in their development. These swimmers work to master all four strokes. This level focuses on developing advanced training and strong fundamentals for meet preparation. Meet participation is required.	4:30-5:30 pm	none	4:30 - 5:30 pm	none	6:00-7:00pm	10:30 - 11:30 am	\$150
Blue: 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.	none	4:30-5:30pm	none	4:30 - 5:30pm	3:45-4:30pm	10:30 - 11:30 am	\$147
Red: designed to start young swimmers into year round swimming. The group focuses on basic techniques in a fun and rewarding environment. Meet participation is optional.	3:45-4:30pm	3:45-4:30pm	3:45 - 4:30 pm	3:45 - 4:30pm	none	none	\$109
Home School: designed for beginner to intermediate home school swimmers looking to improve on stroke techniques and conditioning.	2:30-3:30pm	2:30-3:30pm	2:30 - 3:30 pm	2:30 - 3:30pm	2:30-3:30pm	Assigned by Coach.	\$87
Masters: designed for adults to improve technique and endurance. Billed in 11 monthly instalments. Sept - July.	12:00-1:00pm	5:00-6:15am	12:00 - 1:00 pm	5:00 - 6:15am	5:00-6:15 am 12:00-1:00 pm	none	\$42*