

Swim Atlanta Midway
2022 Long Course Practice Schedule
 Schedule begins Monday, May 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National & Senior 1	7:00 – 9:00 am CAC 1:00 - 4:00 pm SA	7:00 – 9:00 am CAC 1:00 - 4:00 pm SA	7:00 – 9:00 am CAC 1:00 - 4:00 pm SA	6:00 – 8:00 am CAC	12:00 - 3:00 pm SA	7:00 - 9:00 am SA
Senior 2	6:00 – 8:00 am SA	6:00 – 7:30 am CAC	6:00 – 8:00 am SA	6:00 – 7:30 am CAC	6:00-8:00 am SA	9:00 – 10:30 am SA
Senior 3	5:00 – 6:00 pm SA	10:00-11:00 am CAC	6:00-7:00pm SA	No Practice	6:30 – 7:30 pm SA	No Practice
Advanced Age Group	9:00 – 10:30 am CAC	2:30 – 4:30 pm SA	9:00 – 10:45 am CAC	8:00 – 10:00 am CAC	2:30 – 4:30 pm SA	9:00 – 10:30 am SA
Age Group 1	6:00 – 7:00 pm SA	9:00-10:00 am CAC	6:00 - 7:00 pm SA	No Practice	5:30-6:30 pm SA	10:30-12:00 pm SA
Age Group 2	6:00 – 7:00 pm SA	6:00-7:00 pm SA	No Practice	No Practice	5:30-6:30 pm SA	11:30 – 12:30 pm SA
Gold	10:30 – 11:30 am CAC	5:00 – 6:00 pm SA	5:00 – 6:00 pm SA	No Practice	4:30-5:30 pm pm SA	10:30 – 11:30 am SA
Blue	5:00 – 6:00 pm SA	5:00 – 6:00 pm SA	5:00 – 6:00 pm SA	No Practice	4:30-5:30 pm SA	No Practice
Red	4:15 – 5:00 pm SA	4:15 – 5:00 pm SA	4:15 – 5:00 pm SA	No Practice	3:45 – 4:30 pm SA	No Practice

All practices will be held at Swim Atlanta's Midway pool unless noted

* CAC = Cumming Aquatic Center SA = Swim Atlanta