

Swim Atlanta Midway

2025 Long Course Practice Schedule

Schedule begins Friday, May 23rd

	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 - 3:00 pm SA	7:00 – 9:00 am CAC 1:00 - 4:00 pm SA	7:00 – 9:00 am CAC	12:00 - 3:00 pm SA	7:00 - 9:00 am SA
Senior 2	5:30-7:00 am CAC	6:00 – 7:30 am CAC	5:30-7:00 am CAC	6:00 – 8:00 am SA	5:30-7:00 am CAC	8:30 – 10:30 am SA
Senior 3	5:30-6:30 pm SA	5:30-6:30 pm SA	9:00 -10:00 am CAC	No Practice	5:30 –6:30 pm SA	No Practice
Advanced Age Group	9:00 -10:30 am CAC	6:00-7:30 am CAC	1:00-3:30 pm SA	9:00-11:00 am CAC	2:00 – 4:30 pm SA	8:30 – 10:30 am SA
Age Group 1	5:30-6:30 pm SA	9:00-10:00 am CAC	5:30-6:30 pm SA	No Practice	5:30-6:30 pm SA	10:30-12:00 pm SA
Age Group 2	4:30-5:30 pm SA	4:30-5:30 pm SA	4:30-5:30pm SA	No Practice	5:30-6:30 pm SA	No Practice
AG Prep	10:30 – 11:30 am CAC	5:30-6:30 pm SA	3:30-4:30 pm SA	No Practice	4:30-5:30 pm SA	10:30 – 11:30 am SA
Advanced Development	4:30-5:30pm SA	4:30-5:30pm SA	4:30-5:30pm SA	No Practice	4:30-5:30pm SA	No Practice
Development 1 and 2	3:45-4:30pm SA	3:45-4:30pm SA	3:45-4:30pm SA	No Practice	No Practice	No Practice

All practices will be held at Swim Atlanta's Midway pool unless noted
 * CAC = Cumming Aquatic Center SA = Swim Atlanta