

2025-2026 SwimAtlanta MIDWAY (Cumming) Practice Schedule and Fees

[Tuition is paid in 9 monthly installments] [See Financial Policies Document for details]

Team (begins August 2025) \$225 registration fee. Includes hooded Swim Atlanta Long Sleeve, Swim Atlanta shirt, swim cap. (\$115 registration fee after January 1st)	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, high practice attendance, and Senior Sectional time standards are mandatory for this group and will be communicated by the staff (Ages 14-18) Summer Sectionals time standards required.	4:00-6:30pm	4:00-6:30pm	4:00-6:30pm	4:00-6:30pm	5:00-7:00am	7:00-9:00am	\$427
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 a high practice attendance are required and will be communicated by the staff. (Ages 13-18) Senior State time standards required.	6:30-8:30pm	6:00-8:00pm	5:00-7:00am	6:00-8:00pm	5:00-7:00am	7:00-9:00am	\$356
Senior 2: designed to help promising and upcoming 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 to meet the rigors of year round competition. Dryland is included. Meet participation is required. (Ages 13-18)	7:00-8:30pm	5:00-7:00am	7:00-8:30pm	5:00-7:00am	5:30-7:00pm	8:30-10:30am	\$302
Senior 3: designed to offer an intermediate \ 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. (Ages 13-18)	8:30-9:30pm	8:00-9:00pm	8:30-9:30pm	8:00-9:00pm	7:00-8:00pm	OFF	\$228
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. (Ages 10-13)	5:00-7:00pm	5:00-7:00pm	5:30-7:00pm	5:00-7:00pm	5:30-7:00pm	9:00-10:30am	\$314
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 Mondays and Wednesday for the first 20 minutes. Meet participation is required. (Ages 10-14)	OFF	7:00-8:30pm	6:40-8:30pm	7:00-8:15pm	6:40-8:00pm	10:30-12:00pm	\$236
Age Group 2: designed for middle school swimmers wanting to develop proficient competitive strokes. The group 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. (Ages 11-15)	8:30-9:30pm	OFF	8:30-9:30pm	8:15-9:00pm	OFF	12:00-1:00pm	\$199

Age Group Prep: designed for younger swimmers who possess 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. Dryland is included. Meet participation is required. (Ages 9-11)	4:30-5:30pm	4:30-5:50pm	OFF	4:30-5:50pm	4:30-5:30pm	10:30-11:30am	\$213
Advanced Development: 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 but recommended. (Ages 8-11)	3:45-4:30pm	OFF	4:15-5:00pm	OFF	4:30-5:15pm	10:30-11:30am	\$199
Development 1: (Registration \$99)	Designed for young athletes who are comfortable with all four strokes and begin to advance towards starts, turns, and other skills. Meet participation is optional but recommended (Splash meets) (Ages 6-11)	3:45-4:30pm	OFF	3:45-4:30pm	OFF	3:45-4:30pm	11:30-12:15pm
Development 2: (Registration \$99)		OFF	3:45-4:30pm	OFF	3:45-4:30pm	3:45-4:30pm	11:30-12:15pm
Explore 1: (Registration \$99)	Designed to start young swimmers into year-round swimming and explore the beginning of the sport. The group focuses on basic techniques in a fun and rewarding environment. Meet participation is optional. This is a by session: Session 1: September-November Session 2: January-April	OFF	4:00-4:30pm	3:45-4:15pm	OFF	4:00-4:30pm	OFF
Explore 2: (Registration \$99)		OFF	OFF	5:00-5:30pm	4:00-4:30pm	4:00-4:30pm	OFF
Home School: A group made for an earlier start time for families in Home School or that are out of school early. Will have varying levels but will be designed with an elementary focus, an age group focus, and a senior focus. The group will focus on a mix of technique, skills, and fitness. Meet participation is optional. 10 and unders will only swim for 45 minutes. (Ages under 19) (Registration \$99)	2:30-3:30pm	2:30-3:30pm	OFF	2:30-3:30pm	OFF	OFF	\$143

*SwimAtlanta takes a break during Forsyth County Spring Break, and a longer break in between seasons in August

**Practice Schedules may be altered on swim meet weekends, communication will be sent out prior to competitions.