

2023-2024 SwimAtlanta MIDWAY (Cumming) Practice Schedule and Fees

Team (begins August 14th, 2023)

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

| \$225 registration fee. Includes team jacket embroidered with swimmer's name, team shirt, and team 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) | 5:00-6:30 am & 4:00 - 6:30 pm | 4:00 - 6:30 pm | 5:00 - 6:30 am & 4:00 - 6:30 pm | 4:00 - 6:30 pm | 5:00-7:00 am | 6:00-8:00 am | \$375 |
| 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) | 5:00-6:30 am & 5:00-7:00 pm | 5:00-7:00 pm | 5:00 - 6:30 am & 5:00-7:00 pm | 5:00-7:00 pm | 5:00-7:00 am | 6:00-8:00 am | \$319 |
| 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 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 | 4:30-6:00pm | 8:00-9:30am | \$264 |
| 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 during the Fall/Winter & Summer seasons. (Ages 13-18) | 8:00 - 9:30 pm | 8:15-9:15pm | 8:00 - 9:30 pm | 8:15-9:15pm | none | none | \$199 |
| 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) | 6:00-8:00pm | 6:00-8:00pm | 6:30-8:00pm | 6:00-8:00pm | 5:30-7:00pm | 8:00-9:30am | \$274 |
| 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. (Ages 10-14) | none | 7:00-8:15 pm | none | 7:00-8:15 pm | 7:00 - 8:15 pm | 9:30-11:00am | \$207 |
| Age Group 2: designed for middle school swimmers wanting to development 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) | none | 8:15-9:15pm | none | 8:15-9:15pm | 6:00 - 7:00 pm | 12:00-1:00pm | \$175 |
| 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. Meet participation is required. (Ages 9-11) | 4:30 - 5:30 pm | none | 4:30 - 5:30 pm | none | 6:00 - 7:00 pm | 11:00-12:00pm | \$188 |

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| <u>Advanced Development - \$99 Registration fee:</u> 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 | none | 3:45-4:30pm | none | 3:45 - 4:30 pm | 11:00-12:00pm | \$175 |
| <u>Development 1- \$99 Registration fee:</u> | 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) | off | 4:15-5:00pm | off | 4:15-5:00pm | | 9:30-10:30am | \$167 |
| <u>Development 2- \$99 Registration fee:</u> | | 3:45-4:30pm | off | 3:45-4:30pm | off | 3:45-4:30 | | |
| <u>Explore 1 - \$99 Registration fee:</u> | 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 (Splash meets) (Age 6-10) | off | 3:45-4:15pm | off | 3:45-4:15pm | 4:00-4:30pm | off | \$145 |
| <u>Explore 2 - \$99 Registration fee:</u> | | off | 5:00-5:30pm | off | 5:00-5:30pm | 4:00-4:30pm | off | |
| <u>Weekend - \$99 Registration fee:</u> designed for elementary and middle school swimmers who are comfortable with the four competitive strokes, starts, and turns and are ready to begin basic training methods. Meet participation is optional. (Ages 8-13) | | off | off | off | off | 7:00-8:15pm | 12-1pm | \$115 |
| <u>Age Group AM:</u> designed for middle school swimmers wanting to development 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. Primarily in the morning before school. (Ages 10-14) | | off | 6:30-7:30am | off | 6:30-7:30am | off | 12-1pm | \$145 |
| <u>Home School - \$99 Registration fee:</u> 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. (Ages under 19) | | 2:30-3:30pm | 2:30-3:30pm | off | 2:30-3:30pm | off | off | \$125 |
| <u>Masters:</u> Adult group with coaching, for those competing, not competing, or just staying and getting into good shape. (19+) | | 12:00-1:00pm | 12:00-1:00pm | off | 12:00-1:00pm | off | off | \$45 |