

2026 SwimAtlanta – Hamilton Mill

Summer Practice Schedule

Begins: Thursday, May 21st

Last Day of Practice: Wednesday, July 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SENIOR/PRE-SENIOR AGE GROUP/ AGE GROUP SELECT	10:00AM – 12:00PM @Sugarloaf	@Hamilton Mill 8:00AM – 10:00AM <u>AND</u> <u>Dryland & Swimming</u> 2:30PM – 4:00PM	10:00AM – 12:00PM @Sugarloaf	@Hamilton Mill 8:00AM – 10:00AM <u>AND</u> <u>Dryland & Swimming</u> 2:30PM – 4:00PM	9:00AM – 11:00AM @Sugarloaf	8:00AM – 10:00AM @Hamilton Mill
ALL SILVER & GOLD	5:15– 7:15PM Bring Dryland clothes! 6:45PM – 7:15PM	5:15– 6:45PM	5:15– 7:15PM Bring Dryland clothes! 6:45PM – 7:15PM	No Practice	5:15– 6:45PM	No Practice
ALL BRONZE	4:15– 5:15PM	4:15– 5:15PM	4:15– 5:15PM <i>Starts & Turns</i>	No Practice	4:15– 5:15PM <i>Starts & Turns</i>	No Practice
ALL BLUE	3:30 – 4:15PM	3:30 – 4:15PM	3:30 – 4:15PM <i>Starts & Turns</i>	No Practice	3:30 – 4:15PM <i>Starts & Turns</i>	No Practice
RED	4:15 – 5:00PM	No Practice	4:15 – 5:00PM	No Practice	No Practice	No Practice

Please Note: *This schedule is strictly tentative and may change – Any change will be communicated through email*