

**Swim Atlanta Midway**  
**2026 Long Course Practice Schedule**  
 Schedule begins Tuesday, May 26<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National &amp; Senior 1</b>	7:00 – 9:00 am CAC 1:00 - 4:00 pm SA	1:00 - 4:00 pm SA	7:00 – 9:00 am CAC 1:00 - 4:00 pm SA	7:00 – 9:00 am CAC	9:00-12:00p m SA	7:00 - 9:00 am SA
<b>Senior 2</b>	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
<b>Senior 3</b>	5:30-6:30 pm SA	5:30-6:30 pm SA	9:00 -10:00 am CAC	No Practice	5:00 –6:00 pm SA	No Practice
<b>Advanced Age Group</b>	9:00 -10:30 am CAC	7:30-9:00am CAC	2:00-4:30pm SA	9:00-11:00 am CAC	2:00 – 4:30 pm SA	8:30 – 10:30 am SA
<b>Age Group 1</b>	5:30-6:30 pm SA	9:00-10:00 am CAC	5:30-6:30 pm SA	No Practice	5:00-6:00 pm SA	10:30-12:00 pm SA
<b>Age Group 2</b>	4:30-5:30 pm SA	4:30-5:30 pm SA	5:30-6:30pm SA	No Practice	5:00-6:00 pm SA	No Practice
<b>AG Prep</b>	10:30 – 11:30 am CAC	5:30-6:30 pm SA	4:30-5:30 pm SA	No Practice	4:00-5:00 pm SA	10:30 – 11:30 am SA
<b>Advanced Development</b>	3:45-4:30pm SA	3:45-4:30pm SA	3:45-4:30pm SA	No Practice	4:00-4:45pm SA	No Practice
<b>Development 1 and 2</b>	4:30-5:15pm SA	4:30-5:15pm SA	4:30-5:15pm 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