2024 SwimAtlanta ROSWELL Summer Practice Schedule and Fees

Roswell Summer Schedule Begins May 24th Bold Times indicates Long Course practice at Roswell Rec. Center	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Performance: Designed for serious swimmers at state, regional and national level. Weights/dryland as directed by the coaches. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Tempo Trainer[optional])	5:45-7:45am	5:45-7:45am	5:45-7:45am	5:45-7:45am	5:45-7:45am	7:00-9:00am
	1:00-3:45pm		1:00-3:45pm		1:00-3:45pm	
Select : Designed for the committed and highly motivated swimmer ages 12 and over. This group is in preparation for the HP group. Dryland/weights as directed by coaches. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Tempo Trainer[optional])	5:45-7:45am		5:45-7:45am	5:45-7:45am		7:00-9:00am
	1:00-3:45pm	1:00-3:45pm	1:00-3:45pm		1:00-3:45pm /	
Senior: Offers a variety of levels for high school and middle school swimmers. The group provides flexibility for swimmers with other interests. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Kickboard)	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am	none	9:00-10:00
Pre-Select : For advanced and committed age group swimmers who have mastered stroke techniques, starts, and turns and are prepared to begin advanced training methods. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Kickboard)	6:00-7:45am	6:00-7:45am	6:00-7:45am	6:00-7:45am	1:00-3:00pm	7:00-9:00am
Gold: For younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel)	6:00-7:45am	8:00-9:30am	6:00-7:45am	8:00-9:30am	6:00-7:45am	9:00-10:00am
Silver : Offers an intermediate level practice. Group improves on the swimmers starts, turns, technique and conditioning. Meets recommended. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel)	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am	none	9:00-10:00am
Bronze : For swimmers who are comfortable with the four competitive strokes, starts, and turns and are ready to begin basic training methods. Meets recommended (Equipment: Fins, Kickboard, Pull Bouy)	9:00-10:00am	9:00-10:00am	9:00-10:00am	8:00-9:00am	none	9:00-10:00am
Blue : For swimmers who have knowledge of the four competitive strokes, starts, and turns and ready to developed strokes further. Meets optional. (Equipment: Fins, Kickboard)	9:00-9:45am	none	9:00-9:45am	9:00-9:45am	none	10:00-10:45am
Red : Starts young swimmers into year round swimming. Focus is on basic techniques in a fun and rewarding environment. Meets optional. (Equipment: Fins, Kickboard)	9:00-9:45am	none	9:00-9:45am	9:00-9:45am	none	10:00-10:45am
Masters: For adults who want to work technique and train for endurance. Billed in 11 monthly instalments.	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	none