

2022-2023 SwimAtlanta ROSWELL Practice Schedule and Fees
[Tuition is billed in 9 monthly installments. Sept.-May] [See financial policy for details]

Team (practice starts August 14th, 2023) \$225 registration fee. Includes team jacket embroidered with swimmer's name, team shirt, and team swim cap. (\$115 registration fee after January 1 st)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
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])	4:15-7:00pm DL 6:15-7:00	5:00-6:30am 4:15-7:00pm DL 6:15-7:00	4:15-7:00pm DL 6:15-7:00	5:00-6:30am 4:15-7:00pm DL 6:15-7:00	4:15-6:15pm DL 6:15-7:00	6:30-8:30am	\$363
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])	5:30-8:00pm DL 5:30-6:15	6:15-8:00pm	5:30-8:00pm DL 5:30-6:15	6:15-8:00pm	4:30-6:45pm DL 6:15-7:00	6:30-8:30pm	\$334
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)	8:00-9:00pm	4:30-5:30pm	8:00-9:00pm	4:30-5:30pm	none	8:30-10:00pm	\$244
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)	6:30-8:00pm	6:30-8:00pm	6:30-8:00am	6:30-8:00pm	none	8:30-10:00am	\$312
Gold: For younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel)	5:15-6:30pm	none	5:15-6:30pm	none	6:15pm – 7:30pm	8:30-10:00am	\$245
Silver: Offers an intermediate level practice. Group improves on the swimmers starts, turns, technique and conditioning. Meets recommended. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel)	none	5:30-6:30pm	none	5:30-6:30pm	6:15pm – 7:30pm	10:00-11:00am	\$220
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)	4:30pm – 5:30pm	none	4:30pm – 5:30pm	none	3:45-4:30pm	10:00-11:00am	\$179
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)	3:45-4:30pm	none	3:45-4:30pm	none	3:45-4:30pm	11:00-11:45am	\$129
Red: Starts young swimmers into year round swimming. Focus is on basic techniques in a fun and rewarding environment. Meets optional. (Equipment: Fins, Kickboard)	none	3:45-4:30pm	none	3:45-4:30pm	none	11:00-11:45am	\$96
Fit and Fun: For the less committed swimmer interested in staying fit. The group is available to swimmers 2 times a week. (Equipment: Fins, Kickboard)	none	8:00-9:00pm	none	none	none	11:00-12:00am	\$99
Masters: For adults who want to work technique and train for endurance. Billed in 11 monthly instalments. Sept - July.	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	none	\$47*