

SwimAtlanta - Johns Creek

2017 - 2018 Practice Schedule - Practice Starts Monday, August 21

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
Senior Select	For serious senior level swimmers at the National, Sectional, and State level. Drylands directed daily by the coaching staff. Meet participation is required.	4:15 to 6:15pm	4:15 to 6:15pm	4:15 to 6:15pm	4:15 to 6:15pm	4:15 to 6:15pm	7:00 to 9:30am	9 monthly installments of \$296 from Sept. - May covers 12 months of swimming.
Senior 1	Consists of a competition group of high school age swimmers whose training is focused on preparation for high school meets, with the opportunity to participate in USS competition.	5:45 to 7:00AM	5:45 to 7:00AM		5:45 to 7:00AM	5:45 to 7:00AM		9 monthly installments of \$200 from Sept. - May covers 12 months of swimming.
Senior 2	Provides committed and Middle & High School swimmers an opportunity to practice more and improve more rapidly.	8:30 to 9:30pm	8:30 to 9:30pm	8:30 to 9:30pm	8:30 to 9:30pm			9 monthly installments of \$229 from Sept. - May covers 12 months of swimming.
Senior Prep	For advanced & committed swimmers who have mastered stroke techniques, starts, turns and are prepared to begin advanced training methods. Meet participation is required, with 3-6 of them a year being out of town. In a 2 week cycle 11 out 12 works outs are required with a goal of 100%.	5:00 to 7:00pm	5:00 to 7:00pm	5:00 to 7:00pm	5:00 to 7:00pm	5:00 to 6:30pm	7:30 to 9:30am	9 monthly installments of \$249 from Sept. - May covers 12 months of swimming.
Advance Age Group	For Middle School age swimmers who are confident with the four competitive strokes and are ready to learn more advanced stroke techniques, starts, turns, and conditioning. Meet participation is required.	7:00 to 8:30pm	7:00 to 8:30pm	7:00 to 8:30pm	7:00 to 8:30pm	6:15 to 7:45pm	9:30 to 11:00am	9 monthly installments of \$225 from Sept. - May covers 12 months of swimming.
Age Group	Designed for middle school aged swimmers wanting a more challenging practice to improve their skills more rapidly. These swimmers are prepared to begin move advanced training methods. Meet participation is recommended.	7:15 to 8:30pm	7:15 to 8:30pm	7:15 to 8:30pm	7:15 to 8:30pm		9:30 to 11:00am	9 monthly installments of \$208 from Sept. - May covers 12 months of swimming.
Diamond	For young age group swimmers who have developed, but still can improve upon on proper stroke, starts and turn techniques. Conditioning techniques are introduced. Meet participation is required, with 1-3 meets a year being out of town.	6:15 to 7:15pm	6:15 to 7:15pm	6:15 to 7:15pm	6:15 to 7:15pm		11:00 to 12:00pm	9 monthly installments of \$187 from Sept. - May covers 12 months of swimming.
Gold	For younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training.	3:45 to 4:30pm	3:45 to 4:30pm	3:45 to 4:30pm	3:45 to 4:30pm		11:00 to 12:00pm	9 monthly installments of \$160 from Sept. - May covers 12 months of swimming.
Bronze	For swimmers who desire an atmosphere in which to sharpen their physical fitness, practice techniques and are motivated to learn more about training.		6:45 to 7:30AM		6:45 to 7:30AM		12:00 to 12:45pm	9 monthly installments of \$105 from Sept. - May covers 12 months of swimming.
Silver I	For swimmers who are comfortable with the four competitive strokes and are ready to learn more stroke techniques, starts, and turns. Developmental meet participation is highly recommended with swimmers being invited to select local USA Swimming meets.	4:30 to 5:00pm		4:30 to 5:00pm		3:45 to 4:30pm		9 monthly installments of \$135 from Sept. - May covers 12 months of swimming.
Silver II			4:30 to 5:00pm		4:30 to 5:00pm	3:45 to 4:30pm		
Red I	Designed to start young swimmers into the sport of swimming. Focuses on basic swimming techniques in a fun and rewarding environment. Development meet participation is encouraged.	3:45 to 4:15pm		3:45 to 4:15pm				9 monthly installments of \$93 from Sept. - May covers 12 months of swimming.
Red II			3:45 to 4:15pm		3:45 to 4:15pm			
Home School	For swimmers who have developed, but still can improve upon on proper stroke and turn techniques. Conditioning techniques are introduced. Meet participation is recommended but not required.	2:00 to 3:00pm	2:00 to 3:00pm	2:00 to 3:00pm	2:00 to 3:00pm			9 monthly installments of \$99 from Sept. - May covers 12 months of swimming.