

# SWIM ATLANTA

4050 Johns Creek Pkwy  
Suwanee, GA 30024

(770) 622-1735

## SUMMER 2018

### Swim Lesson Office & Swim Shop

#### Hours:

Monday – Friday  
8:30 am – 8:00 pm  
Saturday & Sunday  
9:30 am – 5:30 pm



## REGISTER ONLINE:

[www.swimatlantalessons.com](http://www.swimatlantalessons.com)

## 5-DAYS-A-WEEK SESSION COSTS:

\$110 for 5 X 40 minute lessons

## 4-DAYS-A-WEEK/OR ONCE-A-WEEK

### SESSIONS COST:

\$88 for 4 X 40 minute lessons

A \$30 Annual Family Registration fee will be applied during your first registration

## WANT TO SAVE MONEY???



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facebook

## Class Descriptions

**(Inf/Tot) Infant/Toddler** (6 months – 3 years) Parent and child participate in basic water adjustment and beginning skill activities.

### PRESCHOOL CLASSES: Ages 3 Years & Up

**(2 year olds need to be evaluated before registration)**

**(PS1) Preschool #1** [ages 2-6] Bridges Infant/Toddler to Preschool Levels) Introduction to swimming for non-swimmers who are hesitant in the water and need gentle instruction.

**(PS2) Preschool #2** [ages 2-6] For children who are comfortable and confident with holding their face in the water at least 5 seconds and are ready to learn swimming without floatation.

**(PS3) Preschool #3** [ages 2-7] For children who swim at least 5 feet by themselves and are ready for beginner's front crawl and an introduction to backstroke.

**(PS4) Preschool #4** [ages 3-8] For children who swim at least 25 feet independently and are ready for advanced technique instruction in rotary breathing and backstroke.

**(PS5) Preschool #5** [ages 4-8] For children who swim 25 yards of freestyle and backstroke and are ready to focus on endurance with an introduction to butterfly, breaststroke and diving.

### GRADESCHOOL CLASSES: Ages 5 Years & Up

**(GS1) Gradeschool #1** [ages 4-12] Introduction to swimming for non-swimmers who are mature and ready to be swim up to children who swim less than 20 feet with their face in the water. (5 and under should choose Preschool)

**(GS2) Gradeschool #2** [ages 5-13] For children who can swim at least 20 feet by themselves and are ready for advanced techniques in freestyle and backstroke.

**(GS3) Gradeschool #3** [ages 5-13] For children who can swim freestyle with rotary breathing and backstroke for 45 feet; and are ready to focus on endurance building techniques and diving.

**(PC) Pre-Competitive** [ages 5-13] Teaches butterfly and breaststroke to those who are already competent in freestyle and backstroke.

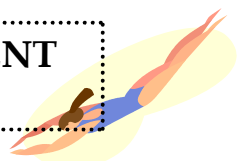
### PRE-SWIM TEAM STROKE CLINICS: Ages 6 & Up

**(SC) Stroke Clinic** [ages 6-15] Focusing on competitive swimming techniques for swimmers excelling in all 4 competitive strokes.

**(Dive) Competitive Diving Clinic** Class designed to teach and enhance competitive diving starts for children who can swim 25 yards of freestyle and backstroke.

**One Day Only Dive Clinics – NO WEEK LONG COMMITMENT**

~ \$15 PER CLASS ~ Dates and Times TBA~



### ADULT CLASSES: Ages 13 Years & Up

**(YADULT) Young Adult** For the young adult 13yrs – 18yrs old who desires to learn better stroke techniques in a comfortable, age appropriate setting. Participants must swim a minimum 15 feet independently.

**(ADULT) Adult** For the adult who wishes to learn the basics of swimming while focusing on proper breathing techniques and backstroke.

770-622-1735

WWW.SWIMATLANTALESSONS.COM

WEEKEND CLASSES

<b>WEEKDAY CLASSES</b>				
<b>\$110</b>	<b>5 X 40 Minute Lessons</b>		<b>5 Classes a Week</b>	
<b>MONDAY, TUESDAY, WEDNESDAY, THURSDAY and FRIDAY</b>				
<b>**Session #1 Tuesday May 29th--Friday June 1st **</b> (No Class Memorial Day, Monday May 28th)				
<b>Session #2 Monday June 4th--Friday June 8th</b>				
<b>Session #3 Monday June 11th--Friday June 15th</b>				
<b>Session #4 Monday June 18th--Friday June 22nd</b>				
<b>Session #5 Monday June 25th--Friday June 29th</b>				
<b>**Session #6 Monday July 2nd--Friday July 6th**</b> (No Class Independence Day, Wednesday July 4th)				
<b>Session #7 Monday July 9th--Friday July 13th</b>				
<b>Session #8 Monday July 16th--Friday July 20th</b>				
<b>Session #9 Monday July 23rd--Friday July 27th</b>				
<b>Session #10 Monday July 30th--Friday August 3rd</b>				
8:20--9:00am	<b>Adult</b>	<b>GS3</b>		
9:10--9:50am	<b>PS2</b>	<b>GS1</b>	<b>GS2</b>	<b>PC</b>
10:00--10:40am	<b>PS1</b>	<b>PS3</b>	<b>GS1</b>	<b>GS3</b>
10:50--11:30am	<b>PS2</b>	<b>PS3</b>	<b>GS1</b>	<b>PS4</b>
11:40--12:20pm	<b>INF/TOT</b>	<b>PS4</b>	<b>GS2</b>	
12:30--1:10pm	<b>PS1</b>	<b>GS2</b>	<b>GS3</b>	<b>SC</b>
1:20--2:00pm	<b>PS2</b>	<b>PS3</b>	<b>GS1</b>	<b>GS2</b>
2:10--2:50pm	<b>PS1</b>	<b>PS3</b>	<b>PS4</b>	
3:00--3:40pm	<b>PS2</b>	<b>PS5</b>	<b>GS1</b>	<b>GS3</b>
3:50--4:30pm	<b>GS1</b>	<b>GS2</b>	<b>PC</b>	<b>YAdult</b>
4:40--5:20pm	<b>PS1</b>	<b>PS3</b>	<b>PS4</b>	<b>GS3</b>
5:30--6:10pm	<b>PS2</b>	<b>GS1</b>	<b>GS2</b>	<b>SC</b>
6:20--7:00pm	<b>PS1</b>	<b>PS3</b>	<b>GS1</b>	<b>PC</b>
7:10--7:50pm	<b>PS2</b>	<b>GS1</b>	<b>GS2</b>	<b>GS3</b>
8:00--8:40pm	<b>ADULT</b>			

**\$88//\$78**    **4 X 40 Minute Lessons**    **4 Classes a Month**

	<b>SATURDAY CLASSES</b>	<b>SUNDAY CLASSES</b>
Session #1	<i>June 2nd--June 23rd</i>	<i>June 3rd--June 24th</i>
Session #2	<i>July 7th--July 28th</i>	<i>July 8th--July 29th</i>
<b>9:10--9:50am</b>		
	<b>INF/TOT</b>	<b>ADULT</b>
<b>10:00--10:40am</b>	<b>PS2</b>	<b>GS1</b>
		<b>GS2</b>
<b>10:50--11:30am</b>	<b>PS1</b>	<b>PS3</b>
		<b>GS3</b>
<b>11:40--12:20pm</b>	<b>PS2</b>	<b>PC</b>
<b>12:30--1:10pm</b>	<b>GS1</b>	<b>GS2</b>
		<b>GS3</b>
<b>1:20--2:00pm</b>	<b>PS2</b>	<b>PS4</b>
		<b>PS5</b>
<b>2:10--2:50pm</b>	<b>GS1</b>	<b>GS2</b>
		<b>PC</b>
<b>3:00--3:40pm</b>	<b>PS1</b>	<b>GS3</b>
		<b>Adult</b>
<b>3:50--4:30pm</b>	<b>PS3</b>	<b>GS1</b>
		<b>GS2</b>
<b>4:40--5:20pm</b>	<b>SC</b>	<b>YADULT</b>