

## 2018-2019 SwimAtlanta **SUGARLOAF(Gwinnett)** Practice Schedule and Fees *[Tuition is billed in 9 monthly installments. Sept.-May]*

 Team 	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
<b>Select:</b> designed for the swimmer who has achieved a high level of proficiency and is willing for complete dedication to achieving national level status. Coach Chris. *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	2:45-5:45 pm	2:45-5:45pm	2:45-5:45 pm	2:45-5:45 pm	2:45-5:45pm	7:00-9:00 am	\$299
<b>Pre-Select:</b> designed for the swimmer who has achieved a high level of proficiency and is willing for complete dedication to achieving national level status. Coach Jordan. *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	2:45-5:45 pm	2:45-5:45pm	2:45-5:45 pm	2:45-5:45 pm	2:45-5:45pm	7:00-9:00 am	\$299
<b>Senior 1:</b> designed for swimmers who have achieved a high level of proficiency and want to participate in challenging practices. Coach Scot. *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	4:00-6:45pm	4:00-6:45pm	4:00-6:45pm	4:00-6:45pm	4:00-6:45pm	7:00-9:00am	\$275
<b>Senior:</b> provides the opportunity for more advanced age group or older swimmers to move up to senior level swimming. Coach Thomas. *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	2:45-4:15pm (optional dryland 4:15-4:45pm)	2:45-4:15pm (optional dryland 4:15-4:45pm)	2:45-4:15pm (optional dryland 4:15- 4:45pm)	2:45-4:15pm (optional dryland 4:15-4:45pm)	2:45-4:15pm	9:00-10:30am	\$221
<b>Pre-Senior:</b> provides the opportunity for middle school students to get ready for the senior level. Coach Scot *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	(optional dryland 6:15-6:45pm) 6:45-8:15pm	(optional dryland 6:15-6:45pm) 6:45-8:15pm	6:45-8:15pm	(optional dryland 6:15-6:45pm) 6:45-8:15pm	6:15-7:45pm	9:00-10:30am	\$249
<b>Age Group:</b> provides the committed and motivated swimmers an opportunity to practice more and improve more rapidly. Coach Chris Jr. *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	5:00-7:30pm	5:00-7:00pm	5:00-7:30pm	5:00-7:00pm	5:00-7:30pm	7:00-9:00am	\$255
<b>Diamond:</b> provides committed young swimmers an opportunity to practice and improve more rapidly. Coach Chris Jr /Coach Thomas. *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:15-7:45pm	9:00-10:30am	\$249
<b>Gold:</b> offers 12-14 year old swimmers an opportunity to improve stroke and turn techniques. Coach Jordan. *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:15-7:45pm	9:00-10:30am	\$247
<b>Silver:</b> offers advanced young swimmers an opportunity to improve stroke and turn techniques. Coach Julianne. *SWIMMERS CAN ATTEND UP TO 4 PRACTICES PER WEEK*	7:00-8:15pm	7:00-8:15pm	7:00-8:15pm	7:00-8:15pm	7:00-8:15pm	10:30-11:45am	\$196
<b>Bronze:</b> an intermediate level practice group that introduces swimmers to conditioning techniques. Coach Julianne. *SWIMMERS CAN ATTEND UP TO 4 PRACTICES PER WEEK*	5:45-6:45pm	5:45-6:45pm	5:45-6:45pm	5:45-6:45pm	5:00-6:15pm	10:30-11:45am	\$178
<b>Blue:</b> a beginning level practice group that emphasizes stroke and turn techniques. Coach Julianne. *SWIMMERS CAN ATTEND UP TO 4 PRACTICES PER WEEK*	5:00-5:45pm	4:15-5:00pm	5:00-5:45pm	4:15-5:00pm	4:15-5:00pm	11:45-12:30pm	\$138
<b>Red:</b> designed to start young swimmers into the sport of swimming. Coach Julianne. *SWIMMERS CAN ATTEND UP TO 3 PRACTICES PER WEEK	4:15-5:00pm	5:00-5:45pm	4:15-5:00pm	5:00-5:45pm	none	11:45-12:30pm	\$104
<b>Home School Platinum:</b> provides advanced and seriously committed swimmers an opportunity to improve more rapidly. Coach Jordan.	1:45-3:00pm	none	1:45-3:00pm	none	1:45-3:00pm	*10:30-11:45am	\$104
<b>Home School White II:</b> an intermediate level that improves stroke and turn techniques as well as introduces swimmers to conditioning techniques. Coach Jordan.	1:45-2:45pm	none	1:45-2:45pm	none	1:45-2:45pm	*10:30-11:45am	\$89
<b>Home School White I:</b> a beginning level designed to start young swimmers into the sport of swimming, emphasizing stroke and turn techniques. Coach Jordan.	1:45-2:30pm	none	1:45-2:30pm	none	1:45-2:30pm	*11:45-12:30pm	\$77
<b>Masters:</b> Billed in 11 monthly instalments. Sept - July.* AM-Coach Jordan / PM-Coach Scot.	12:00-1:00pm	5:45-7:00am 12:00-1:00pm	12:00-1:00pm	5:45-7:00am 12:00-1:00pm	12:00-1:00pm	9:00-10:30am	\$77*