

SwimAtlanta - Johns Creek

2019 - 2020 Practice Schedule and Fees

(Tuition is billed in 9 monthly installments September - May. No contract. See financial policy for more details.)

		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	\$309 per month
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 2-5 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	5:30 to 7:15am	7:30 to 9:30am	\$262 per month
AAG	For 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, with 1-3 meets being out of town	7:00 to 8:30pm	7:00 to 8:30pm	7:00 to 8:30pm	7:00 to 8:30pm	6:15 to 7:30am	9:30 to 11:00am	\$237 per month
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 required, with 1-3 meets a year being out of town.	7:00 to 8:30pm	7:15 to 8:30pm	7:00 to 8:30pm	7:15 to 8:30pm		9:30 to 11:00am	\$228 per month
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.	6:00 to 7:15pm	6:15 to 7:15pm	6:00 to 7:15pm	6:15 to 7:15pm		11:00 to 12:00pm	\$195 per month
Senior 2	Provides swimmers an opportunity to practice more in an atmosphere in which to sharpen their physical fitness and practice technique to excel in High School swimming.	8:30 to 9:30pm	8:30 to 9:30pm	8:30 to 9:30pm	8:30 to 9:30pm			\$216 per month
Blue 1	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 recommended.	8:30 to 9:15pm		8:30 to 9:15pm			12:00 to 12:45pm	\$148 per month
Blue 2			8:30 to 9:15pm		8:30 to 9:15pm		12:00 to 12:45pm	\$148 per month
Blue 3						6:30 to 7:15pm	12:00 to 12:45pm	\$113 per month
Blue AM			6:45 to 7:30AM		6:45 to 7:30AM		12:00 to 12:45pm	\$113 per month
White 1	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.	4:15 to 5:00pm	4:15 to 5:00pm	4:15 to 5:00pm	4:15 to 5:00pm			\$158 per month
White 2		4:15 to 5:00pm		4:15 to 5:00pm		4:15 to 5:00pm		\$143 per month
White 3			4:15 to 5:00pm		4:15 to 5:00pm	4:15 to 5:00pm		
Red 1	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	3:45 to 4:15pm	3:45 to 4:15pm			\$129 per month
Red 2		3:45 to 4:15pm		3:45 to 4:15pm		3:45 to 4:15pm		\$96 per month
Red 3			3:45 to 4:15pm		3:45 to 4:15pm	3:45 to 4:15pm		
Red 4						5:45 to 6:30pm	11:00 to 11:45am	
Home School	For swimmers who have developed, but still can improve upon on proper stroke and turn techniques.	2:00 to 3:00pm	2:00 to 3:00pm	2:00 to 3:00pm	2:00 to 3:00pm			\$107 per month

SWAT Fit

SWAT Fit is for swimmers who are looking for a program that will prepare them for middle school, high school, and/or summer league swimming. It's a fun way to build endurance, work on stroke technique, stay fit, or cross-train for other sports. Each class will have elements of aerobic development, technique instruction for all strokes, turn work, and some fun. *SWAT Fit* has no registration fee and is a one time payment. *SWAT Fit* is a training group only; swimmers would not compete in swim meets.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
No Registration Fee	SWAT Fit High School Pre Season	The program will focus on all four of the competitive strokes and turns. The coaches will work on proper technique using drills and full stroke swimming. Once the technique is in place we will focus on building the aerobic base (endurance) and getting the athlete ready for the upcoming High School season. <i>8 week Program starting Monday 8/19 & finishing Thursday, October 10.</i>		6:00 to 7:00am	6:00 to 7:00am		6:00 to 7:00am	One time Payment of \$249
	SWAT Fit Red, White & Blue	Seasonal program that is designed to introduce 7-14 year old swimmers into the sport of swimming. Focuses on basic swimming techniques in a fun and rewarding environment. <i>11 week program starting Saturday, September 7 and ending Saturday, November 16.</i>					12:45 to 1:30pm	One Time Payment of \$149
	SWAT Fit Red, White & Blue	Seasonal program designed to introduce 7-14 year old swimmers into the sport of swimming. Focuses on basic swimming techniques in a fun and rewarding environment. <i>11 week program starting Saturday, January 11 and ending Saturday, March 21.</i>					12:45 to 1:30pm	One Time Payment of \$149