

2019-2020 SwimAtlanta HAMILTON MILL Practice Schedule and Fees

[Tuition is billed in 9 monthly installments. Sept.-May] [See financial policy for details]

Team (practice starts August 19 th , 2019)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
Senior: Designed for the committed and highly motivated swimmer, in hopes of achieving regional and state level time standards. Meet Participation is Mandatory. Snorkel and paddles are required. 30 minutes of optional dryland. Coach Erin	2:45-5:00pm 4:30-5:00pm opt. dryland	2:45-5:00pm 4:30-5:00pm opt. dryland	2:45-5:00pm 4:30-5:00pm opt. dryland	2:45-5:00pm 4:30-5:00pm opt. dryland	2:45-4:30pm	9:30-11:30am	\$243
Senior 2: Designed for Committed and highly motivated swimmer, in hopes of achieving regionals and state level time standards. Snorkel and paddles are required. 30 minutes of optional dryland. Can come up to 4 days. Coach Erin.	2:45- 5:00pm 4:30-5:00pm opt. dryland	2:45-5:00pm 4:30-5:00pm opt. dryland	2:45- 5:00pm 4:30-5:00pm opt. dryland	2:45- 5:00pm 4:30-5:00pm opt. dryland	2:45-4:30pm	9:30-11:30am	\$195
Pre-Senior: Provides the opportunity for the middle school swimmers to master stroke techniques, and learn advanced training methods for high school and senior levels. Paddles and snorkel are required. Coach Mike Mahroum	6:15- 7:45pm	6:15-7:45pm 6:15-6:45pm dryland	6:15- 7:45pm	6:15-7:45pm 6:15-6:45pm dryland	7:15-8:45pm	9:30-11:30am	\$213
Age Group: An advanced opportunity for highly committed and motivated age group swimmers to focus on conditioning and training consistently, refining technique remains priority while strengthening understanding of training methods. Paddles and snorkel are required. Coach Erin and Coach Mike	none	5:15-6:45pm	none	5:15-6:45pm	5:00-6:30pm	7:45-9:30am	\$202
Junior Select: Provides the opportunity for committed and motivated age group swimmers to master stroke techniques and learn basic training methods. Coach Erin and Mike Mahroum	none	5:15-6:30pm	none	5:15- 6:30pm	5:00-6:15pm	8:15am - 9:30am	\$196
Junior 1: Offers more advanced young swimmers the opportunity to learn advanced training methods and still focus on improving technique in all aspects of the sport. Swimmers swim up to 5 days. Coach Mike Mahroum	7:45- 9:00pm	7:45- 9:00pm	7:45- 9:00pm	7:45- 9:00pm	none	11:30am – 12:45pm	\$191
Junior 2: Offers more advanced young swimmers the opportunity to learn advanced training methods and still focus on improving technique in all aspects of the sport. Swimmers swim up to 4 days. Coach Mike Mahroum	7:45- 9:00pm	7:45- 9:00pm	7:45- 9:00pm	7:45- 9:00pm	none	11:30am – 12:45pm	\$187
Bronze 1: An intermediate level practice group that introduces swimmers to conditioning methods, with a large focus on improving technique in all aspects of the sport. Swimmers can swim up to 4 days. Coach Erin and Mike Mahroum.	5:15- 6:15pm	none	5:15- 6:15pm	none	5:15-7:15pm	11:30am – 12:30pm	\$153
Bronze 2: An intermediate level practice group that introduces swimmers to conditioning methods, with a large focus on improving technique in all aspects of the sport. Swimmers can swim up to 3 days. Coach Erin and Mike Mahroum.	5:15- 6:15pm	none	5:15- 6:15pm	none	5:15-7:15pm	11:30am – 12:30pm	\$149
Blue: A beginning practice level group that focuses mainly on improving technique in all aspects of the sport.	4:30- 5:15pm	4:30- 5:15pm	4:30- 5:15pm	4:30- 5:15pm	none	none	\$131
Red: Designed to introduce beginner level swimmers to the sport of competitive swimming. Must be 7 years or older, and legal in all 4 competitive strokes.	4:30- 5:15pm	4:30-5:15pm	none	4:30- 5:15pm	none	none	\$116

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
Pre Senior AM: Provides the opportunity for middle school swimmers to master stroke techniques, and learn advanced training methods for high school and senior levels. Paddles and snorkel are required. Coach Amy.	6:15-7:45pm	7:15-8:45am	7:15-8:45am	7:15-8:45am	7:15-8:45am	9:30-11:30am	\$213
Junior AM: Offers more advanced young swimmers the opportunity to learn advanced training methods and still focus on improving technique in all aspects of the sport.	None	7:15-8:45am	7:15-8:45am	7:15-8:45am	7:15-8:45am	11:30am – 12:45pm	\$191
Bronze AM: An intermediate level practice group that introduces swimmers to conditioning methods, with a large focus on improving technique in all aspects of the sport. Coach Amy.	None	6:30-7:30am	6:30-7:30am	None	6:30-7:30am	11:30am – 12:30pm	\$153
Masters: Will receive 4 written workouts per week. Will NOT have any coached practices or designated practice times. Billed in 11 monthly instalments. Sept - July. No registration fee.	Open Hours	6:30-7:30am or Open Hours	6:30-7:30am or Open Hours	6:30-7:30am or Open Hours	6:30-7:30am or Open Hours	Open Hours	\$30*

