2018-2019 SwimAtlanta HAMILTON MILL Practice Schedule and Fees *[Tuition is billed in 9 monthly installments. Sept.-May]*

Team	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.	2:45-4:30pm	2:45-4:30pm	2:45- 4:30pm	2:45- 4:30pm	2:45-4:30pm	9:00-11:00am Dryland 9:00-9:30	$233
High School: Provides the opportunity for High School students to prepare for the High School season and Senior level. The perfect group for multi-sport athletes wanting to continue year round swimming.	2:45- 4:30pm	2:45-4:30pm	2:45- 4:30pm	2:45- 4:30pm	none	none	$185
Gold: Provides the opportunity for the committed and highly motivated 10-14 year old swimmer to master stroke techniques, turns, starts and advance their training methods to prepare for the High school and Senior level.	6:15- 7:45pm	6:15-7:45pm	6:15- 7:45pm	6:15- 7:45pm	6:15-7:45pm	7:00- 9:00am Dryland 8:30-9:00	$208
Gold AM: Provides the opportunity for the committed and highly motivated 10-14 year old swimmer to master stroke techniques, turns, starts and advance their training methods to prepare for the High school and Senior level.	6:15- 7:45pm	7:15-8:45am	7:15- 8:45am	7:15- 8:45am	7:15-8:45am	7:00- 9:00am Dryland 8:30-9:00	$208
Silver Select: Provides the opportunity for the committed and highly motivated 12 & Under swimmer to master stroke techniques and learn advanced training methods.	none	5:00-6:15pm	none	5:00- 6:15pm	7:45-9:00pm	7:45-9:00am	$191
Silver 1: Offers more advanced young swimmers the opportunity to learn advanced training methods, in an environment that still focuses on improving technique in all aspects of the sport.	7:45- 9:00pm	none	7:45- 9:00pm	none	7:45-9:00pm	11-12:30pm Dryland 11:00-11:15	$191
Silver 2: Offers more advanced young swimmers the opportunity to learn advanced training methods, in an environment that still focuses on improving technique in all aspects of the sport	none	7:45-9:00pm	none	7:45- 9:00pm	7:45-9:00pm	11-12:30pm Dryland 11:00-11:15	$191
Silver AM: Offers more advanced young swimmers the opportunity to learn advanced training methods, in an environment that still focuses on improving technique in all aspects of the sport.	none	7:30-8:45am	7:30- 8:45am	none	7:30-8:45am	11-12:30pm Dryland 11:00-11:15	$191
Bronze 1: An intermediate level practice group that introduces swimmers to conditioning techniques, with a large focus on improving technique in all aspects of the sport.	5:15- 6:15pm	none	5:15- 6:15pm	none	5:15-6:15pm	9:00- 10:00am	$153
Bronze 2: An intermediate level practice group that introduces swimmers to conditioning techniques, with a large focus on improving technique in all aspects of the sport.	none	5:15-6:15pm	none	5:15- 6:15pm	5:15-6:15pm	9:00- 10:00am	$153
Bronze AM: An intermediate level practice group that introduces swimmers to conditioning techniques, with a large focus on improving technique in all aspects of the sport.	none	6:30-7:30am	6:30- 7:30am	none	6:30-7:30am	9:00- 10:00am	$153
Blue: A beginning practice level group that focuses mainly on improving technique in all aspects of the sport.	4:30- 5:15pm	none	4:30- 5:15pm	none	4:30-5:15pm	10:00-10:45am	$126
Blue AM: A beginning practice level group that focuses mainly on improving technique in all aspects of the sport. **May attend 1 evening practice for a total of 4 practices per week.**	none	none	6:30- 7:15am	none	6:30-7:15am	10:00-10:45am	$126
Red: Designed to introduce beginner level swimmers to the sport of competitive swimming.	none	4:30-5:15pm	none	4:30- 5:15pm	4:30-5:15pm	none	$111
Masters: Will receive 5 written workouts per week. Will NOT have any coached practices or designated practice times. Billed in 11 monthly instalments. Sept - July.	Open hours	Open hours	Open hours	Open hours	Open hours	Open hours	$30*