

## SwimAtlanta Roswell 2021 Summer Practice Schedule

**Summer Schedule Begins on May 27th**

| <b>Teams</b>              | <b>Monday</b>   | <b>Tuesday</b>                 | <b>Wednesday</b>                                      | <b>Thursday</b>     | <b>Friday</b>                                      | <b>Saturday</b>      |
|---------------------------|---|--------------------------------|---|---------------------|--|----------------------|
| <b>High Performance</b>   | <b>5:45-7:45 AM</b><br>1:00-4:00 PM<br>Dryland 3-4    | <b>5:45-7:45 AM</b>            | <b>5:45-7:45 AM</b><br>1:00-4:00 PM<br>Dryland 3-4    | <b>5:45-7:45 AM</b> | <b>5:45-7:45 AM</b><br>1:00-4:00 PM<br>Dryland 3-4 | <b>7:00- 9:00 AM</b> |
| <b>Select</b>             | <b>5:45-7:45 AM</b><br>1:00-3:45 PM<br>Dryland 3-3:45 | 1:00-3:45 PM<br>Dryland 3-3:45 | <b>5:45-7:45 AM</b><br>1:00-3:45 PM<br>Dryland 3-3:45 | <b>5:45-7:45 AM</b> | 1:00-3:45 PM<br>Dryland 3-3:45                     | <b>7:00-9:00 AM</b>  |
| <b>Senior</b>             | 9:00-10:15 AM   | 9:00-10:15 AM                  | 9:00-10:15 AM   | 9:00-10:15 AM       | Off  | 7:00-8:30. Am        |
| <b>Advanced Age Group</b> | 6:00-7:45 am  | <b>6:00-7:45 AM</b>            | 6:00-7:45 am  | 6:00-7:45 AM        | <b>6:00-7:45 AM</b>                                | <b>7:00-9:00 AM</b>  |
| <b>Gold</b>               | 8:00-9:00 AM  | 8:00-9:00 AM                   | OFF   | 8:00-9:00 AM        | 8:00-9:00 AM                                       | 9:00-10:00 AM        |
| <b>Silver</b>             | 8:00-9:00 AM  | 8:00-9:00 AM                   | OFF   | 8:00-9:00 AM        | 8:00-9:00 AM                                       | 9:00-10:00 AM        |
| <b>Bronze</b>             | 9:00-10:00 AM   | 9:00-10:00 AM                  | OFF   | 9:00-10:00 AM       | 8:00-9:00 AM                                       | 9:00-10:00 AM        |
| <b>Blue</b>               | 9:00-9:45 AM  | 9:00-9:45 AM                   | OFF   | 9:00-9:45 AM        | OFF  | 10:00-10:45 AM       |
| <b>Red</b>                | 9:00-9:45 AM  | 9:00-9:45 AM                   | OFF   | 9:00-9:45 AM        | OFF  | 10:00-10:45 AM       |
| <b>Masters</b>            | 12:00-1:00 PM   | 12:00-1:00 PM                  | 12:00-1:00 PM   | 12:00-1:00 PM       | <b>6:00-7:30 AM</b>                                |                      |

**\*All practice times in Bold are at Roswell Rec. Pool**

### Group Description

|  |  |   |  |  |  |  |
|--|--|---|--|--|--|--|
| <b>High Performance</b><br>Designed for serious swimmers at state, regional and national level. Weights/dryland as directed by the coaches.                            | <b>Select:</b> Designed for the committed and highly motivated swimmer ages 12 and over. This group is in preparation for the HP group. Dryland/weights as directed by Coaches | <b>Senior:</b> Offers a variety of levels for high school and middle school swimmers. The group provides flexibility for swimmers with other interests. | <b>Advanced Age Group:</b> For advanced and committed age group swimmers who have mastered stroke techniques, starts, and turns and are prepared to begin advanced training methods. | <b>Gold:</b> For younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training. | <b>Silver:</b> Offers an intermediate level practice. Group improves on the swimmers starts, turns, technique and conditioning. Meets recommended. | <b>Silver:</b> Offers an intermediate level practice. Group improves on the swimmers starts, turns, technique and conditioning. Meets recommended. |
| <b>Bronze:</b> For swimmers who are comfortable with the four competitive strokes, starts, and turns and are ready to begin basic training methods. Meets recommended. | <b>Blue:</b> For swimmers who have knowledge of the four competitive strokes, starts, and turns and ready to developed strokes further. Meets optional.                        | <b>Red:</b> Starts young swimmers into year round swimming. Focus is on basic techniques in a fun and rewarding environment. Meets optional.            | <b>Masters:</b> For adults who want to work technique and train for endurance.   |  |  |  |