

SWIMATLANTA – HAMILTON MILL – SWIM LESSON SCHEDULE



AUGUST DATES (40 MIN CLASSES)

SATURDAYS : (7, 14, 21, 28)
SUNDAYS : (8, 15, 22, 29)
MONDAYS : (9, 16, 23, 30)
TUESDAYS : (10, 17, 24, 31)
WEDNESDAYS : (11, 18, 25, SEPT 1.)
THURSDAYS : (12, 19, 26, SEPT 2.)

<u>M,T,W or TH</u>	<u>SAT</u>	<u>SUN</u>
4:00 PM – 4:40 PM	9:00 AM - 9:40 AM	11:20 AM – 12:00 PM
4:50 PM – 5:30 PM	9:50 AM - 10:30 AM	12:10 PM – 12:50 PM
5:40 PM – 6:20 PM	10:40 AM - 11:20 AM	1:00 PM – 1:40 PM
6:30 PM – 7:10 PM	11:30AM - 12:10 PM	2:50 PM – 3:30 PM
7:20 PM – 8:00 PM	12:30 PM - 1:10 PM	3:40 PM – 4:20 PM
8:10 PM – 8:50 PM	2:10 PM – 2:50 PM	4:30 PM – 5:10 PM

1 CLASS A WEEK X 4 WEEKS (4 CLASSES) = \$100 | 2 CLASSES A WEEK X 4 WEEKS (8 CLASSES) = \$190

	M	T	W	TH	SAT	SUN
INF/TOT	x	x	x	x	9:00 AM	11:20 AM
PS1/PS2	4:00 PM 5:40 PM	4:00 PM 5:40 PM 6:30 PM	4:00 PM 5:40 PM	4:00 PM 5:40 PM 6:30 PM	9:50 AM 11:30 PM	12:10 PM 2:50 PM
PS3	4:00 PM 6:30 PM	4:50 PM 6:30 PM	4:00 PM 6:30 PM	4:50 PM 6:30 PM	10:40 AM	1:00 PM
PS4	4:50 PM	x	4:50 PM	x	x	12:10 PM
GS1	4:50 PM 5:40 PM 6:30 PM 7:20 PM	4:00 PM 4:50 PM 5:40 PM 7:20 PM	4:50 PM 5:40 PM 6:30 PM 7:20 PM	4:00 PM 4:50 PM 5:40 PM 7:20 PM	9:50 AM 12:30 PM 1:20 PM	1:50 PM 3:40 PM
GS2	4:50 PM 7:20 PM (SP)	4:50 PM 7:20 PM (SP)	4:50 PM 7:20 PM (SP)	4:50 PM 7:20 PM(SP)	10:40 AM	1:00 PM
GS3	5:40 PM	7:20 PM	5:40 PM	7:20 PM	11:30 AM	1:50 PM
PC1	6:30 PM	5:40 PM	6:30 PM	5:40 PM	12:30 PM	2:50 PM
PC2	7:20 PM	6:30 PM	7:20 PM	6:30 PM	1:20 PM	3:40 PM
AB	8:10 PM	8:10 PM	8:10 PM	8:10 PM	2:10 PM	4:30 PM
AI	8:10 PM	8:10 PM	8:10 PM	8:10 PM	2:10 PM	4:30 PM
ASC	8:10 PM	8:10 PM	8:10 PM	8:10 PM	2:10 PM	4:30 PM

AGES	CLASS NAME	ABV	SKILLS
6 Months -3 Years	Infant/Toddler	INF/TOT	Parent Assisted Class - Intro to Water, Safety and Learning Swimming Motor Skills
3-5 Years	Preschool 1 / 2	PS1/PS2	PS1 - Intro to Water PS2 - Comfortable with water & Learning to Swim 5ft Independently
3-5 Years	Preschool 3	PS3	Intro to Freestyle, swimming 15ft and taking breaths & kicking on their back.
3-5 Years	Preschool 4	PS4	Freestyle with Side breathing & Backstroke for 45ft. ***Advances to GS2.***
6-12 Years	Gradeschool 1	GS1	Students Learn to Swim Freestyle & Backstroke for 45ft
6-12 Years	Gradeschool 2	GS2	Completing Freestyle with Side Breathing for 25 yards and Backstroke for 25 yards
6-12 Years	Gradeschool 3	GS3	Swimming Freestyle & Backstroke 50 yds; Intro to Breast & Fly; Diving
6-12 Years	Pre-Competitive 1	PC1	Focuses on Breaststroke & Butterfly for Gradeschool Students
6-12 Years	Pre-Competitive 2	PC2	Prepares Students for Swim Team & Racing
13 Years & Older	Adult Beginner	AB	Focuses on Freestyle & Backstroke for Teens and Adults
13 Years & Older	Adult Intermediate	AI	Teaches Side Breathing, Breaststroke & Butterfly for Teens & Adults
13 Years & Older	Adult Stroke Clinic	ASC	Prepares Teens & Adults for Swim Team or Racing

*Register online, in person or over the phone * 10% Discount for Online & Consecutive Enrollments
 Make-up classes \$10 without a Dr's note, subject to availability within the same session as the missed class.

www.swimatlanta.com/hiltonmill

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