

# SWIMATLANTA – SUGARLOAF – SWIM LESSON SCHEDULE



<u>AUGUST DATES</u> (40 MIN CLASSES)	<u>M,T,W or TH</u>	<u>SAT</u>	<u>SUN</u>
SATURDAYS : (7, 14, 21, 28)	4:00 PM – 4:40 PM	9:00 AM - 9:40 AM	11:20 AM – 12:00 PM
SUNDAYS : (8, 15, 22, 29)	4:50 PM – 5:30 PM	9:50 AM - 10:30 AM	12:10 PM – 12:50 PM
MONDAYS : (9, 16, 23, 30)	5:40 PM – 6:20 PM	10:40 AM - 11:20 AM	1:00 PM – 1:40 PM
TUESDAYS : (10, 17, 24, 31)	6:30 PM – 7:10 PM	11:30AM - 12:10 PM	2:50 PM – 3:30 PM
WEDNESDAYS : (11, 18, 25, SEPT 1.)	7:20 PM – 8:00 PM	12:30 PM - 1:10 PM	3:40 PM – 4:20 PM
THURSDAYS : (12, 19, 26, SEPT 2.)	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
<b>INF/TOT</b>	x	x	x	x	9:00 AM	11:20 AM 4:30 PM
<b>PS1/PS2</b>	4:00 PM 5:40 PM 6:30 PM	4:00 PM 5:40 PM 6:30 PM	4:00 PM 5:40 PM 6:30 PM	4:00 PM 5:40 PM 6:30 PM	9:50 AM 12:30 PM	12:10 PM 3:40 PM
<b>PS3</b>	4:50 PM	6:30 PM	4:50 PM	6:30 PM	1:20 PM	1:00 PM
<b>PS4</b>	x	4:50 PM	x	4:50 PM	11:30 AM	x
<b>GS1</b>	4:00 PM 4:50 PM 5:40 PM 7:20 PM	4:50 PM 5:40 PM 7:20 PM	4:00 PM 4:50 PM 5:40 PM 7:20 PM	4:50 PM 5:40 PM 7:20 PM	10:40 AM 1:20 PM	12:10 PM 1:50 PM 2:50 PM
<b>GS2</b>	4:50 PM 6:30 PM	4:00 PM 6:30 PM	4:50 PM 6:30 PM	4:00 PM 6:30 PM	9:00 AM 2:10 PM	3:40 PM
<b>GS3</b>	5:40 PM	7:20 PM	5:40 PM	7:20 PM	10:40 AM	1:00 PM
<b>PC1</b>	6:30 PM	4:50 PM	6:30 PM	4:50 PM	11:30 AM	1:50 PM
<b>PC2</b>	7:20 PM	5:40 PM	7:20 PM	5:40 PM	12:30 PM	2:50 PM
<b>AB</b>	8:10 PM	x	8:10 PM	x	x	11:20 AM
<b>AI</b>	x	x	x	x	2:10 PM	4:30 PM
<b>ASC</b>	x	8:10 PM	x	8:10 PM	x	x

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