

SWIMATLANTA – SUGARLOAF – SWIM LESSON SCHEDULE



PREREQUISITES	SKILLS GOAL
INF/TOT: Parent in the water w/student	Water Safety & Swimming Motor Skills
PS1: None PS2: Comfortable in water	Water Safety & Intro to water (PS1) / Swim 5 ft Independantly (PS2)
PS3: Can swim 5 ft independantly	Freestyle 15 ft with independent breathing & kicking on back
PS4: Can swim 15 ft independantly	Freestyle w/side breathing & backstroke for 45 ft
GS1/AB: None	Freestyle & Backstroke for 45 ft
GS2: Can swim 45 ft of Free & Back	Freestyle w/side breathing & Backstroke for 25 yds
GS3/AI: Can swim 25 yds Free & Back	Freestyle & Backstroke for 50 yds, Intro to Breast/Butterfly/Diving
PC1: Can swim 50 yds Free & Back	Legal Breaststroke & Butterfly
PC2/ASC: Can swim 25 yds legal Breast & Fly	Swim Team & Racing Preparation

1 CLASS A WEEK x 3 WEEKS (3 CLASSES) = \$75 | 2 CLASSES A WEEK x 3 WEEKS (6 CLASSES) = \$143

AGES	CLASS NAME	MON	TUES	WED	THUR	SAT	SUN
6 Months - 3 Years	Infant/Toddler INF/TOT	x	x	x	x	9:00 AM	11:20 AM 4:30 PM
Preschool Levels 3-5 Years	Preschool PS1/PS2	4:00 PM	4:00 PM	4:00 PM	4:00 PM	9:50 AM	12:10 PM
		5:40 PM	5:40 PM	5:40 PM	5:40 PM	12:30 PM	3:40 PM
	6:30 PM	6:30 PM	6:30 PM	6:30 PM			
	Preschool PS3	4:50 PM	6:30 PM	4:50 PM	6:30 PM	1:20 PM	1:00 PM
	Preschool PS4	x	4:50 PM	x	4:50 PM	11:30 AM	x
Grade School Levels 6-12 Years	Grade School GS1	4:00 PM	4:50 PM	4:00 PM	4:50 PM	10:40 AM	12:10 PM
		4:50 PM	5:40 PM	4:50 PM	5:40 PM	1:20 PM	1:50 PM
		5:40 PM	7:20 PM	5:40 PM	7:20 PM		2:50 PM
7:20 PM		7:20 PM	7:20 PM	7:20 PM			
	Grade School GS2	4:50 PM	4:00 PM	4:50 PM	4:00 PM	9:00 AM	3:40 PM
	6:30 PM	6:30 PM	6:30 PM	6:30 PM	2:10 PM		
	Grade School GS3	5:40 PM	7:20 PM	5:40 PM	7:20 PM	10:40 AM	1:00 PM
Swim Team Prep 6-12 Years	PreCompetitive PC1	6:30 PM	4:50 PM	6:30 PM	4:50 PM	11:30 AM	1:50 PM
	PreCompetitive PC2	7:20 PM	5:40 PM	7:20 PM	5:40 PM	12:30 PM	2:50 PM
Teen & Adult Levels	Adult Beginner AB	8:10 PM	x	8:10 PM	x	x	11:20 AM
	Adult Intermediate AI	x	x	x	x	2:10 PM	4:30 PM
13+ Years	Adult Stroke Clinic ASC	x	8:10 PM	x	8:10 PM	x	x

No Drop-Offs: Guardians must be on site for the 40 minute class to escort students to the restroom, if need.

USE PHONE CAMERA TO SCAN:

40 MIN CLASS TIMES

M/T/W/TH :	SAT :	SUN :
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	11:30 AM - 12:10 PM	1:50 PM - 2:30 PM
7:20 PM - 8:00 PM	12:30 PM - 1:10 PM	2:50 PM - 3:30 PM
8:10 PM - 8:50 PM	1:20 PM - 2:00 PM	3:40 PM - 4:20 PM
	2:10 PM - 2:50 PM	4:30 PM - 5:10 PM



*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/sugarloaf

678-442-7946

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NOV 2021

SUN	M	T	W	TH	F	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Nov. 22-28 : Thanksgiving Break - NO CLASSES

SESSION DATES:

1, 8, 15 MON CLASSES
 2, 9, 16 TUES CLASSES
 3, 10, 17 WED CLASSES
 4, 11, 18 THURS CLASSES
 6, 13, 20 SAT CLASSES
 7, 14, 21 SUN CLASSES

DEC 2021

SUN	M	T	W	TH	F	SAT
	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Dec. 20-Jan 2: Winter Break - NO CLASSES

SESSION DATES:

11/29, 12/6, 13 MON CLASSES
 11/30, 12/7, 14 TUES CLASSES
 1, 8, 15 WED CLASSES
 2, 9, 16 THURS CLASSES
 4, 11, 18 SAT CLASSES
 5, 12, 19 SUN CLASSES

* NOV 29 & 30 : PART OF DEC SESSION *

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