

# SWIMATLANTA – SUGARLOAF – SWIM LESSON SCHEDULE



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

**1 CLASS A WEEK x 4 WEEKS (4 CLASSES) = \$100 | 2 CLASSES A WEEK x 4 WEEKS (8 CLASSES) = \$190**  
**1 CLASS A WEEK x 5 WEEKS (5 CLASSES) = \$125 | 2 CLASSES A WEEK x 45 WEEKS (10 CLASSES) = \$237.50**

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

678-442-7946

# SWIMATLANTA – SUGARLOAF – SWIM LESSON SCHEDULE

<b>JAN 2022</b>						
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	31					

Jan 1 & 2: Winter Break

**SESSION DATES:**

3, 10, 17, 24      MON CLASSES

4, 11, 18, 25      TUES CLASSES

5, 12, 19, 26      WED CLASSES

6, 13, 20, 27      THURS CLASSES

7, 14, 21, 28      FRI CLASSES

8, 15, 22, 29      SAT CLASSES

9, 16, 23, 30      SUN CLASSES

\* JAN 31ST : PART OF FEB SESSION \*

<b>FEB 2022</b>						
SUN	M	T	W	TH	F	SAT
	31	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					

**SESSION DATES:**

1/31, 2/7, 14, 21      MON CLASSES

1, 8, 15, 22      TUES CLASSES

2, 9, 16, 23      WED CLASSES

3, 10, 17, 24      THURS CLASSES

4, 11, 18, 25      FRI CLASSES

5, 12, 19, 26      SAT CLASSES

6, 13, 20, 27      SUN CLASSES

\* FEB 28TH : PART OF MAR SESSION \*

<b>MAR 2022</b>						
SUN	M	T	W	TH	F	SAT
	28	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		

**SESSION DATES:**

2/28, 3/7, 14, 21, 28      MON CLASSES

1, 8, 15, 22, 29      TUES CLASSES

2, 9, 16, 23, 30      WED CLASSES

3, 10, 17, 24, 31      THURS CLASSES

4, 11, 18, 25      FRI CLASSES

5, 12, 19, 26      SAT CLASSES

6, 13, 20, 27      SUN CLASSES

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