

## 2018-2019 SwimAtlanta **ROSWELL** Practice Schedule and Fees *[Tuition is billed in 9 monthly installments. Sept.-May]*

**NO CONTRACT**

**Team**

**NO VOLUNTEER HOURS**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
<p><b>High Performance:</b> Designed for serious swimmers at state, regional and national level. Weights/dryland as directed by the coaches. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Tempo Trainer[optional])</p>	4:15-7:00pm DL 6:15-7:00	5:00-6:30am 4:15-7:00pm DL 6:15-7:00	4:15-7:00pm DL 6:15-7:00	5:00-6:30am 4:15-7:00pm DL 6:15-7:00	4:15-6:15pm DL 6:15-7:00	6:30-8:30am	\$289
<p><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. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Tempo Trainer[optional])</p>	5:30-8:00pm DL 5:30-6:15	6:15-8:00pm	5:30-8:00pm DL 5:30-6:15	6:15-8:00pm	4:30-6:45pm DL 6:15-7:00	6:30-8:30pm	\$265
<p><b>Senior:</b> Offers a variety of levels for high school and middle school swimmers. The group provides flexibility for swimmers with other interests. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Kickboard)</p>	7:30-9:15pm DL 7:30-8:00	7:30-9:15pm DL 7:30-8:00	7:30-9:15pm DL 7:30-8:00	7:30-9:15pm DL 7:30-8:00	none	8:30-10:00pm	\$196
<p><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. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Kickboard)</p>	6:15-8:00pm DL 6:15-6:30	5:30-8:00pm DL 5:30-6:30	6:15-8:00am DL 6:15-6:30	5:30-8:00am DL 5:30-6:30	none	8:30-10:00am	\$248
<p><b>Gold:</b> For younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel)</p>	4:50-6:30pm DL 4:50-5:15	none	4:50-6:30pm DL 4:50-5:15	none	6:00-7:30pm DL 6:00-6:30	8:30-10:00am	\$197
<p><b>Silver:</b> Offers an intermediate level practice. Group improves on the swimmers starts, turns, technique and conditioning. Meets recommended. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel)</p>	none	5:15-6:30pm DL 5:15-5:30	none	5:15-6:30pm DL 5:15-5:30	6:00-7:30pm DL 6:00-6:30	10:00-11:00am	\$176
<p><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 (Equipment: Fins, Kickboard, Pull Bouy)</p>	4:15-5:15pm DL 4:15-4:30	none	4:15-5:15pm DL 4:15-4:30	none	3:45-4:30pm	10:00-11:00am	\$143
<p><b>Blue:</b> For swimmers who have knowledge of the four competitive strokes, starts, and turns and ready to developed strokes further. Meets optional. (Equipment: Fins, Kickboard)</p>	4:00-4:45pm	none	4:00-4:45pm	none	3:45-4:30pm	11:00-11:45am	\$114
<p><b>Red:</b> Starts young swimmers into year round swimming. Focus is on basic techniques in a fun and rewarding environment. Meets optional. (Equipment: Fins, Kickboard)</p>	none	4:00-4:45pm	none	4:00-4:45pm	none	11:00-11:45am	\$74
<p><b>Home School:</b> For beginner to intermediate home school swimmers looking to improve on stroke techniques and conditioning. (Equipment: Fins, Kickboard)</p>	3:00-4:00pm	none	3:00-4:00pm	none	3:00-4:00pm	none	\$84
<p><b>Masters:</b> For adults who want to work technique and train for endurance. Billed in 11 monthly instalments. Sept - July.</p>	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	none	\$47*