



# SWIMATLANTA SUGARLOAF

## Practice schedule for Fall 2022-Spring 2023

Fall Practice begins on August 15<sup>th</sup> 2022



TRYOUTS AND TEAM PLACEMENTS ARE DONE ON AN INDIVIDUAL BASIS.

New swimmer group placement, please call 678-442-7946 or email [scot@swimatlanta.com](mailto:scot@swimatlanta.com).

After being evaluated, swimmers will complete the registration process online and submit payment for the \$199 registration fee.

SWIM TEAM PRACTICE GROUPS	Tuition*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SELECT/ Coach Chris</b> Designed for the swimmer who has achieved a high level of proficiency and is willing for complete dedication to achieving national level status.	<b>SELECT</b> <b>\$341</b>	2:45-4:45pm	2:45-4:45pm	2:45-4:45pm	2:45-4:45pm	2:45-4:45pm	7:00-9:00am
<b>PRE-SELECT/ Coach Jackson</b> Designed for swimmers who have achieved a high level of proficiency and are willing to show commitment in attendance, dedication, and striving to compete at the next level.	<b>PRE-SELECT</b> <b>\$321</b>	2:45-5:30pm	2:45-5:30pm	2:45-5:30pm	2:45-5:30pm	2:45-4:45pm	7:00-9:00am
<b>SENIOR I/ Coach Scot</b> Designed for swimmers who have achieved a high level of proficiency and want to participate in challenging practices.	<b>SENIOR I</b> <b>\$311</b>	4:00-6:45pm	4:00-6:45pm	4:00-6:45pm	4:00-6:45pm	4:00-6:45pm	7:00-9:00am
<b>SENIOR/ Coach Scot</b> Opportunity for more advanced age group or older swimmers to move up to senior level swimming.	<b>SENIOR</b> <b>\$278</b>	2:45-4:15pm	2:45-4:15pm	2:45-4:15pm	2:45-4:15pm	2:45-4:15pm	9:00-10:30am
<b>PRE-SENIOR/ Coach Scot</b> Opportunity for middle school students to get ready for the senior level.	<b>PRE-SENIOR</b> <b>\$278</b>	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	OFF	9:00-10:30am
<b>AGE GROUP - Coach Chris, Jr.</b> Provides the committed and motivated young swimmers an opportunity to practice more and improve more rapidly.	<b>AGE GROUP</b> <b>\$292</b>	5:00-7:30pm	5:00-7:00pm	5:00-7:30pm	5:00-7:00pm	5:00-7:30pm	7:00-9:00am
<b>DIAMOND - Coach Catherine</b> Provides seriously committed young swimmers an opportunity to practice and improve more rapidly.	<b>DIAMOND</b> <b>\$280</b>	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:00-7:30pm	9:00-10:30am
<b>GOLD/ Coach Harrison</b> Opportunity to improve stroke and turn techniques.	<b>GOLD</b> <b>\$278</b>	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	9:00-10:30am
<b>SILVER/ Coach Jackson</b> Offers more advanced young swimmers an opportunity to improve stroke and turn techniques.	<b>SILVER</b> <b>\$222</b>	7:00-8:15pm	7:00-8:15pm	7:00-8:15pm	7:00-8:15pm	7:00-8:15pm	10:30-11:45am
<b>BRONZE/ Coach Catherine</b> Intermediate level practice group that introduces swimmers to conditioning techniques.	<b>BRONZE</b> <b>\$202</b>	5:45-6:45pm	5:45-6:45pm	5:45-6:45pm	5:45-6:45pm	5:00-6:00pm	10:30-11:30am
<b>BLUE/ Coach Harrison</b> Beginning level practice group that emphasizes stroke and turn techniques.	<b>BLUE</b> <b>\$158</b>	5:00-5:45pm	4:15-5:00pm	5:00-5:45pm	4:15-5:00pm	4:15-5:00pm	11:45-12:30pm
<b>RED/ Coach Harrison</b> Starting young swimmers into the sport of swimming.	<b>RED</b> <b>\$121</b>	4:15-5:00pm	5:00-5:45pm	4:15-5:00pm	5:00-5:45pm	4:15-5:00pm	11:45-12:30pm
<b>HOMESCHOOL / Coaches Nealson &amp; Harrison</b>	<b>Tuition*</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday*</b>
<b>PLATINUM/ Coaches Nealson &amp; Harrison</b> Provides advanced and seriously committed swimmers an opportunity to improve more rapidly.	<b>PLATINUM</b> <b>\$121</b>	1:30-2:45pm	OFF	1:30-2:45pm	OFF	1:30-2:45pm	*combined with regular swim team
<b>WHITE II - Coaches Nealson &amp; Harrison</b> Intermediate level that improves stroke and turn techniques as well as introduces swimmers to conditioning techniques.	<b>WHITE II</b> <b>\$103</b>	1:30-2:30pm	OFF	1:30-2:30pm	OFF	1:30-2:30pm	*combined with regular swim team
<b>WHITE I/ Coaches Nealson &amp; Harrison</b> Beginning level designed to start young swimmers into the sport of swimming, emphasizing stroke and turn techniques.	<b>WHITE I</b> <b>\$90</b>	1:30-2:15pm	OFF	1:30-2:15pm	OFF	1:30-2:15pm	*combined with regular swim team
<b>MASTERS 18+/Adults</b>	<b>Tuition*</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>MASTERS/ Coach Scot</b> Adult Swim Team with organized, coach-led practices, afternoons only.	<b>MASTERS</b> <b>\$85</b>	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	OFF

\*9 monthly tuition fee Installments covers 12 months of membership.