

## SwimAtlanta Hamilton Mill Fall – Spring 2024-2025 Schedule

**Starts Monday August 19th, Ends TBD**

**ALL SWIMMERS MUST PURCHASE THEIR OWN EQUIPMENT**

**(Mesh bag, fins, pull buoy, paddles (Age Group & up), kickboard)**



**TRYOUTS AND TEAM PLACEMENTS ARE DONE ON AN INDIVIDUAL BASIS.**

For new swimmer group placement, please email Edgar Crespo:

[edgar@swimatlanta.com](mailto:edgar@swimatlanta.com). Swimmers must be at least six (6) years old and able to swim all four (4) strokes. For any questions about registration or your existing account, please email Caleb Weir at [swimteamaccounts@swimatlanta.com](mailto:swimteamaccounts@swimatlanta.com)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monthly Tuition
<b>TIER 1 – REGISTRATION FEE \$225.00</b>							
<b>Senior</b> – Designed for the committed and highly motivated swimmers to develop state and regional level athletes. <u>Must have Hamilton Mill Senior 1 Standard Times, Age Group or Senior State Cuts and above for consideration – ages 14–18 years old. *SWAT Meet participation required (at least 1 per month)*. Dryland/weights directed by coaches.</u>	4:15–6:15PM	3:45–5:30PM  Dryland 5:30–6:15PM	4:15–6:15PM	3:45–5:30PM  Dryland 5:30–6:15PM	3:30–5:00PM	8:00–9:30AM	<b>\$318</b>
<b>Pre Senior</b> – Designed for motivated swimmer, in hopes of achieving State High School level time standards and state level meets. <u>*SWAT Meet participation expected (at least 1 per month)*. Dryland/weights directed by coaches.</u>		3:45–5:30PM		3:45–5:30PM	3:30–5:00PM	8:00–9:30AM	<b>\$290</b>
<b>Age Group Select</b> – An advanced opportunity for highly committed and motivated age group swimmers to focus on conditioning and training consistently while refining technique. <u>Age Group or Junior Olympic Cuts qualifiers, Dryland/weights directed by coaches. This group must have Coaches’ permission for consideration. *Requirement of 75% practice attendance monthly* *SWAT Meet participation expected (at least 1 per month)*. Morning practices – Please coordinate with your coach</u>	5:00–6:15PM	6:45–8:15AM Or 6:30–8:00PM	6:45–8:15AM Or 5:00–6:15PM	6:45–8:15AM Or 6:30–8:00PM	6:00–7:30PM	8:00–9:30AM	<b>\$296</b>
<b>Age Group 1</b> – An advanced opportunity for committed and motivated age group swimmers to focus on conditioning and training consistently, refining technique remains priority while strengthening understanding of training methods. <u>*SWAT meets encouraged*</u> .		6:30–8:00PM		6:30–8:00PM	6:00–7:30PM	8:00–9:30AM	<b>\$280</b>
<b>Age Group 2</b> – An advanced opportunity for committed and motivated age group swimmers to focus on conditioning and training consistently, refining technique remains priority while strengthening understanding of training methods. <u>*SWAT meets encouraged*</u> .		6:30–8:00PM		6:30–8:00PM			<b>\$160</b>

**\*FEES: NINE (9) MONTHLY TUITION INSTALLMENTS COVER TWELVE (12) MONTHS OF MEMBERSHIP\***

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monthly Tuition
<b>TIER 1 – REGISTRATION FEE \$225.00</b>							
<b>Senior, Pre-Senior, Age Group, Silver/Gold, Homeschool AM (MORNING) GROUP</b> – Provides the opportunity for homeschool, middle and high school swimmers to master stroke techniques and learn advanced training methods. Training will match swimmer’s appropriate level. <u>*SWAT meets encouraged*</u> .		6:45–8:15AM	6:45–8:15AM	6:45–8:15AM	6:45–8:15AM		<b>\$266</b>
<b>Gold 1</b> – Offers an opportunity to learn more advanced training methods and still focus on improving technique in all aspects of the sport. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .	7:15–8:30PM		7:15–8:30PM		7:30–8:45PM	9:30–10:45AM	<b>\$262</b>
<b>Gold 2</b> – Offers an opportunity to learn more advanced training methods and still focus on improving technique in all aspects of the sport. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .	7:15–8:30PM		7:15–8:30PM				<b>\$142</b>
<b>Gold Saturday</b> – Offers an opportunity to learn more advanced training methods and still focus on improving technique in all aspects of the sport. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <b>(TIER 2 REGISTRATION FEE - \$99.00)</b>						9:30–10:45AM	<b>\$119</b>
<b>Silver 1</b> – Offers the opportunity to learn new training methods and still focus on improving technique in all aspects of the sport. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .	7:15–8:30PM		7:15–8:30PM		7:30–8:45PM	9:30–10:45AM	<b>\$247</b>
<b>Silver 2</b> – Offers the opportunity to learn new training methods and still focus on improving technique in all aspects of the sport. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .	7:15–8:30PM		7:15–8:30PM				<b>\$137</b>
<b>Silver Saturday</b> – Offers the opportunity to learn new training methods and still focus on improving technique in all aspects of the sport. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <b>(TIER 2 REGISTRATION FEE - \$99.00)</b>						9:30–10:45AM	<b>\$109</b>

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Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monthly Tuition
<b>TIER 2 – REGISTRATION FEE IS \$99.00</b>							
<b>Bronze 1</b> – An intermediate level practice group that introduces swimmers to conditioning methods, with a large focus on improving technique in all aspects of the sport. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .	6:15–7:15PM		6:15 – 7:15 pm		5:00 – 6:00 pm	10:45 – 11:45 am	<b>\$198</b>
<b>Bronze 2</b> – An intermediate level practice group that introduces swimmers to conditioning methods, with a large focus on improving technique in all aspects of the sport. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .		5:30 – 6:30 pm		5:30 – 6:30 pm	5:00 – 6:00 pm	10:45 – 11:45 am	<b>\$198</b>
<b>Bronze 3</b> – An intermediate level practice group that introduces swimmers to conditioning methods, with a large focus on improving technique in all aspects of the sport. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .	6:15 – 7:15 pm		6:15 – 7:15 pm				<b>\$119</b>
<b>Bronze AM Morning</b> – An intermediate level practice group that introduces swimmers to conditioning methods, with a large focus on improving technique in all aspects of the sport. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .		6:45–7:45AM	6:45–7:45AM	6:45–7:45AM	6:45–7:45AM		<b>\$198</b>
<b>Bronze Saturday</b> – An intermediate level practice group that introduces swimmers to conditioning methods, with a large focus on improving technique in all aspects of the sport. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .						10:45 – 11:45 am	<b>\$89</b>
<b>Blue 1</b> – A beginning practice level group that focuses mainly on improving techniques and endurance in all four strokes, drills, starts, and turns. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .	4:30 – 5:15 pm	5:30 – 6:15pm	4:30 – 5:15 pm	5:30 – 6:15pm			<b>\$171</b>
<b>Blue 2</b> – A beginning practice level group that focuses mainly on improving techniques and endurance in all four strokes, drills, starts, and turns. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .	4:30 – 5:15 pm	5:30 – 6:15pm					<b>\$99</b>

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monthly Tuition
<b>TIER 2 – REGISTRATION FEE IS \$99.00</b>							
<b>Blue AM Morning</b> – A beginning practice level group that focuses mainly on improving techniques and endurance in all four strokes, drills, starts, and turns. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .		6:45–7:30AM	6:45–7:30AM	6:45–7:30AM	6:45–7:30AM		<b>\$171</b>
<b>Blue Saturday</b> – A beginning practice level group that focuses mainly on improving techniques and endurance in all four strokes, drills, starts, and turns. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local USA Swimming meets. <u>*SWAT meets encouraged*</u> .						9:30 – 10:15 AM	<b>\$69</b>
<b>Red</b> - A beginning practice level that focuses mainly on improving techniques in all four strokes, drills, starts, and turns. SwimAtlanta Splash meet participation is highly recommended with swimmers being invited to local meets. <u>*SWAT meets encouraged*</u> .					5:00–5:45PM	11:45 AM – 12:30 PM	<b>\$99</b>

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<b>SWAT FIT – NO REGISTRATION FEE</b>							
<b>SWAT FIT</b> – Designed for high school swimmers. This group focuses on developing technique and endurance for the high school season and postseason. <b>The group is run in 9 – and 10 – weeks sessions. This group has two (2) sessions – <u>Session 1: August 15<sup>th</sup> – October 12<sup>th</sup> (9 weeks) and <u>Session 2: February 20<sup>th</sup> – April 25<sup>th</sup> (10 weeks - excludes Spring Break). NO REGISTRATION REQUIRED. NO SWIM ATLANTA MEET PARTICIPATION. Coaches' permission required.</u></u></b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monthly Tuition
		3:00–4:30PM	3:00–4:30PM		3:00–4:30PM		

**\*\*TUITION IS A ONE-TIME PAYMENT PER SESSION\*\***

<b>MASTERS – NO REGISTRATION FEE</b>							
<b>Masters and Triathlon (swimming)</b> – You will have a guided training with a coach. Billed in 11 monthly instalments. Sept - July.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monthly Tuition
		AM varies (ask times) 12:00 – 1:00 pm	Lap Swim	AM varies (ask times) 12:00 – 1:00 pm	Lap Swim	AM varies (ask times) 12:00 – 1:00 pm	6:30 to 8:00 am

**\*FEES: BILLED IN 11 MONTHLY PAYMENTS FROM SEPTEMBER TO JULY\***

**\*\*SCHEDULE SUBJECT TO CHANGE\*\***