



SwimAtlanta Hamilton Mill Fall – Spring 2023-2024 Schedule

Starts August 14th, Ends TBD

ALL SWIMMERS MUST PURCHASE THEIR OWN EQUIPMENT

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

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monthly Tuition
<p>Senior 1 – Designed for the committed and highly motivated swimmers to develop sectional and state 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. *Expectation of 6 swim practices per week, and 2 dryland practices per week* *SWAT Meet participation required (at least 1 per month)*. Dryland/weights directed by coaches.</u></p>	4:15 – 6:15 pm	3:45 – 6:15 pm Dryland 5:30 – 6:15 pm	4:15 – 6:15 pm	3:45 – 6:15 pm Dryland 5:30 – 6:15 pm	3:30 – 5:00 pm	8:00 – 9:30 am	\$297
<p>Senior 2 – Designed for committed and highly motivated swimmer, in hopes of achieving regionals and state level time standards. <u>*Recommended 5 practices per week*. *SWAT Meet participation expected (at least 1 per month)*. Dryland/weights directed by coaches.</u></p>	4:15 – 7:00 pm Dryland 6:15 – 7:00 pm	3:45 – 5:30 pm	4:15 – 7:00 pm Dryland 6:15 – 7:00 pm	3:45 – 5:30 pm	3:30 – 5:00 pm	8:00 – 9:30 am	\$271
<p>SWAT FIT – Designed for high school swimmers. This group focuses on developing technique and endurance for the high school season and postseason. <u>*No meet participation required*. The group is run in 9 – and 10 – weeks sessions. This group has two (2) sessions – Session 1: August 15th – October 12th (9 weeks) and Session 2: February 20th – April 25th (10 weeks - excludes Spring Break). NO REGISTRATION REQUIRED. Coaches’ permission required.</u></p>	3:00 – 4:30 pm	3:00 – 4:30 pm		3:00 – 4:30 pm			\$275 Fall Session 1 and \$300 Spring Session 2 – One-time Payment
<p>Pre-Senior – Provides the opportunity for middle and high school swimmers to master stroke techniques and learn advanced training methods for high school and senior levels.</p>		6:30 – 8:00 pm		6:30 – 8:00 pm	6:00 – 7:30 pm	8:00 – 9:30 am	\$259
<p>Age Group Select – 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. Morning practices – Please coordinate with your coach</u></p>	5:00 – 6:15 pm	6:45 – 8:15 am Or 6:30 – 8:00 pm	6:45 – 8:15 am Or 5:00 – 6:15 pm	6:45 – 8:15 am Or 6:30 – 8:00 pm	6:00 – 7:30 pm	8:00 – 9:30 am	\$277
<p>Age Group – 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.</p>		6:30 – 8:00 pm		6:30 – 8:00 pm	6:00 – 7:30 pm	8:00 – 9:30 am	\$262

Senior, Pre-Senior, Age Group, Junior, Homeschool AM (MORNING) GROUP – Provides the opportunity for homeschool, middle and high school swimmers to master stroke techniques and learn advanced training methods.		6:45 – 8:15 am	6:45 – 8:15 am	6:45 – 8:15 am	6:45 – 8:15 am		\$249
Gold – Offers an opportunity to learn more advanced training methods and still focus on improving technique in all aspects of the sport.	7:15 – 8:30 pm		7:15 – 8:30 pm		7:30 – 8:45 pm	9:30 – 10:45am	\$245
Silver – Offers the opportunity to learn new training methods and still focus on improving technique in all aspects of the sport.	7:15 – 8:30 pm		7:15 – 8:30 pm		7:30 – 8:45 pm	9:30 – 10:45am	\$231
Bronze 1 – An intermediate level practice group that introduces swimmers to conditioning methods, with a large focus on improving technique in all aspects of the sport.	6:15 – 7:15 pm		6:15 – 7:15 pm		5:00 – 6:00 pm	10:45 – 11:45 am	\$185
Bronze 2 – An intermediate level practice group that introduces swimmers to conditioning methods, with a large focus on improving technique in all aspects of the sport. <u>This group must have Coach permission and maxes out at 20 swimmers.</u>		5:30 – 6:30 pm		5:30 – 6:30 pm	5:00 – 6:00 pm	10:45 – 11:45 am	\$185
Blue – A beginning practice level group that focuses mainly on improving techniques in all aspects of the sport.	4:30 – 5:15 pm	5:30 – 6:15pm		5:30 – 6:15pm		9:30 – 10:15 am	\$160
Masters and Triathlon (swimming) – You will have a guided training with a coach. Billed in 11 monthly instalments. Sept - July.	5:00 to 6:30 am 12:00 – 1:00 pm	Lap Swim	5:00 to 6:30 am 12:00 – 1:00 pm	Lap Swim	5:00 to 6:30 am 12:00 – 1:00 pm	6:30 to 8:00 am	\$30

Schedule is subject to change.

[Tuition is paid in 9 monthly installments] [No Contract] [See Financial Policies Document for details]

TRYOUTS AND TEAM PLACEMENTS ARE DONE ON AN INDIVIDUAL BASIS

For new swimmer group placement, please call 682-597-2989 or edgar@swimatlanta.com. After being evaluated, swimmers will complete the online registration process and submit payment for the **\$225.00** registration fee.