

2024-2025 SwimAtlanta ROSWELL Practice Schedule and Fees
[Tuition is billed in 9 monthly installments. Sept.-May] [See financial policy for details]

Team (practice starts August 19th, 2024) \$225 registration fee. Includes, team shirt, and team swim cap. (\$115 registration fee after January 1 st)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
High Performance: 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])	4:15-7:00pm DL 6:15-7:00	4:15-7:00pm DL 6:15-7:00	4:15-7:00pm DL 6:15-7:00	4:15-7:00pm DL 6:15-7:00	4:15-6:15pm	6:30-8:30am	\$388
Select: 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])	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	4:30-6:15pm	6:30-8:30am	\$357
Pre-Select: 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)	6:30-8:00pm DL 6-6:30pm	6:00 to-8:00pm DL 6-6:30	6:30-8:00pm DL 6-6:30pm	6:30-8:00pm	<i>5:45am to 7:15am</i>	8:00am to 9:30am	\$334
SWAT: 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)	6:30-7:45pm DL 6-6:30pm	6:00-7:30pm DL 6-6:30pm	6:30-7:45pm DL 6-6:30pm	none	<i>5:45am to 7:15am</i>	8:30-10:00am	\$265
Gold: For younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel)	5:15-7:00pm DL 6:30-7:00pm	none	5:15-7:00pm DL 6:30-7:00pm	5:00 to 6:30pm DL 5:00 to 5:30pm	<i>6:00am to 7:15am</i>	8:30-10:00am	\$262
Silver: Offers an intermediate level practice. Group improves on the swimmers starts, turns, technique and conditioning. Meets recommended. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel)	none	5:30-6:30pm	5:15pm to 7:00pm DL 6:30 to 7:00pm	5:30-6:30pm	<i>6:00am – 7:15am</i> OR 3:45 to 4:45pm	10:00-11:00am	\$235
Bronze: 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)	4:15 – 5:15pm	none	4:15pm – 5:15pm	none	3:45-4:30pm	10:00-11:00am	\$192
Blue: For swimmers who have knowledge of the four competitive strokes, starts, and turns and ready to developed strokes further. Meets optional. (Equipment: Fins, Kickboard)	3:45-4:30pm	none	3:45-4:30pm	none	3:45-4:30pm	10:15am to 11am	\$138
Red: Starts young swimmers into year-round swimming. Focus is on basic techniques in a fun and rewarding environment. Meets optional. (Equipment: Fins, Kickboard)	none	4:00-4:45pm	none	4:00-4:45pm	none	9:30am to 10:15am	\$103
Masters: For adults who want to work technique and train for endurance. Billed in 11 monthly instalments. Sept - July.	<i>6:00-7:30am</i> OR 12:00-1:00pm	12:00-1:00pm	<i>6:00-7:30am</i> OR 12:00-1:00pm	12:00-1:00pm	<i>6:00-7:30am</i> OR 12:00-1:00pm	none	\$58*

*Friday Workouts that are Italicized and Bold are in the Morning