

# SwimAtlanta - Johns Creek

## 2018 - 2019 Practice Schedule and Fees

(Tuition is billed in 9 monthly installments September - May. No contract.)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
<b>Senior Select</b>	For serious senior level swimmers at the National, Sectional, and State level. Drylands directed daily by the coaching staff. Meet participation is required.	4:15 to 6:15pm	4:15 to 6:15pm	4:15 to 6:15pm	4:15 to 6:15pm	4:15 to 6:15pm	7:00 to 9:30am	\$299 per month
<b>Senior Prep</b>	For advanced & committed swimmers who have mastered stroke techniques, starts, turns and are prepared to begin advanced training methods. Meet participation is required, with 3-6 of them a year being out of town. In a 2 week cycle 11 out 12 works outs are required with a goal of 100%.	5:00 to 7:00pm	5:00 to 7:00pm	5:00 to 7:00pm	5:00 to 7:00pm	5:00 to 6:30pm	7:30 to 9:30am	\$252 per month
<b>Advanced Age Group</b>	For Middle School age swimmers who are confident with the four competitive strokes and are ready to learn more advanced stroke techniques, starts, turns, and conditioning. Meet participation is required.	7:00 to 8:30pm	7:00 to 8:30pm	7:00 to 8:30pm	7:00 to 8:30pm	6:15 to 7:45pm	9:30 to 11:00am	\$232 per month
<b>Age Group</b>	Designed for middle school aged swimmers wanting a more challenging practice to improve their skills more rapidly. These swimmers are prepared to begin move advanced training methods. Meet participation is required, with 1-3 meets a year being out of town.	7:15 to 8:30pm	7:15 to 8:30pm	7:15 to 8:30pm	7:15 to 8:30pm		9:30 to 11:00am	\$228 per month
<b>Diamond</b>	For young age group swimmers who have developed, but still can improve upon on proper stroke, starts and turn techniques. Conditioning techniques are introduced. Meet participation is required, with 1-3 meets a year being out of town.	6:15 to 7:15pm	6:15 to 7:15pm	6:15 to 7:15pm	6:15 to 7:15pm		11:00 to 12:00pm	\$190 per month
<b>Gold</b>	For younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training. Meet participation is encouraged.	3:45 to 4:30pm	3:45 to 4:30pm	3:45 to 4:30pm	3:45 to 4:30pm			\$163 per month

<b>Senior 2</b>	Provides swimmers an opportunity to practice more in an atmosphere in which to sharpen their physical fitness, and practice technique.	8:30 to 9:30pm	8:30 to 9:30pm	8:30 to 9:30pm	8:30 to 9:30pm			\$211 per month
<b>Bronze 1</b>	For swimmers who are comfortable with the four competitive strokes and are ready to learn more stroke techniques, starts, and turns. Developmental meet participation is recommended.	8:30 to 9:15pm	8:30 to 9:15pm	8:30 to 9:15pm	8:30 to 9:15pm			\$173 per month
<b>Bronze 2</b>		8:30 to 9:15pm		8:30 to 9:15pm			12:00 to 12:45pm	\$143 per month
<b>Bronze 3</b>			8:30 to 9:15pm		8:30 to 9:15pm		12:00 to 12:45pm	\$143 per month
<b>Bronze 4</b>						6:30 to 7:15pm	12:00 to 12:45pm	\$108 per month
<b>Bronze AM</b>			6:45 to 7:30AM		6:45 to 7:30AM		12:00 to 12:45pm	\$108 per month
<b>Silver 1</b>	For swimmers who are comfortable with the four competitive strokes and are ready to learn more stroke techniques, starts, and turns. Developmental meet participation is highly recommended with swimmers being invited to select local USA Swimming meets.	4:30 to 5:00pm	4:30 to 5:00pm	4:30 to 5:00pm	4:30 to 5:00pm			\$153 per month
<b>Silver 2</b>		4:30 to 5:00pm		4:30 to 5:00pm		3:45 to 4:30pm		\$138 per month
<b>Silver 3</b>			4:30 to 5:00pm		4:30 to 5:00pm	3:45 to 4:30pm		
<b>Red 1</b>	Designed to start young swimmers into the sport of swimming. Focuses on basic swimming techniques in a fun and rewarding environment. Development meet participation is encouraged.	3:45 to 4:15pm	3:45 to 4:15pm	3:45 to 4:15pm	3:45 to 4:15pm			\$124 per month
<b>Red 2</b>		3:45 to 4:15pm		3:45 to 4:15pm				\$96 per month
<b>Red 3</b>			3:45 to 4:15pm		3:45 to 4:15pm			

<b>Home School</b>	For swimmers who have developed, but still can improve upon on proper stroke and turn techniques. Conditioning techniques are introduced. Meet participation is recommended but not required.	2:00 to 3:00pm	2:00 to 3:00pm	2:00 to 3:00pm	2:00 to 3:00pm			\$102 per month
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