



www.swimatlantalessons.com

4050 Johns Creek Parkway | Suwanee, GA 30024 | 770-622-1735

Monday - Friday:: 9:00am-9:00pm | Saturday & Sunday:: 9:00am-6:00pm

Class Descriptions::

INFANT & TODDLER CALSS: Ages 6 Months - 3 Years

Inf/Tot [6 months—3 years] *Parent and child* participate in basic water adjustment and beginning skill activities

PRESCHOOL CLASSES: Ages 2 Years - 8 Years

PS1 [ages 2-6] *Bridges Infant/Toddler to Preschool Levels-* Introduction to swimming for nonswimmers who are hesitant in the water and need gentle instruction

PS2 [ages 2-6] For children who are comfortable and confident with holding their face in the water at least 5 seconds and are ready to learn swimming without floatation

PS3 [ages 2-7] For children who swim at least 5 feet by themselves and are ready for beginner's front crawl and an introduction to backstroke

PS4 [ages 3-8] *-Bridges Preschool level into Gradeschool Level-* For children who swim at least 25 feet independently and are ready for advanced technique instruction in rotary breathing and backstroke

PS5 [ages 4-8] *-Bridges Preschool into Gradeschool Endurance-* For children who swim 25 yards of freestyle and backstroke and are ready to focus on endurance with an introduction to butterfly, breaststroke and diving

GRADESCHOOL CLASSES: Ages 4 Years - 15 Years

GS1 [ages 4-12] Introduction to swimming for non-swimmers who are mature and ready to be swim up to children who swim less than 20 feet with their face in the water

GS2 [ages 5-13] For children who can swim at least 20 feet by themselves and are ready for advanced techniques in freestyle and backstroke

GS3 [ages 5-13] For children who can swim freestyle with rotary breathing and backstroke for 45 feet; and are ready to focus on endurance building techniques and diving

PC [ages 5-13] Teaches butterfly and breaststroke to those who are already competent in freestyle and backstroke

SC [ages 6-15] Focusing on competitive swimming techniques for swimmers excelling in all 4 competitive strokes

ADULT CLASSES: Ages 13 Years & Up

YADULT [13-18] Young Adult who desires to learn better stroke techniques in a comfortable, age appropriate setting. Participants must swim a minimum 15 feet independently

ADULT [16+] For the adult who wishes to learn the basics of swimming while focusing on proper breathing techniques and backstroke

Class Levels:: Full Descriptions Available Online

**November , December
& January 2018!**

40 minutes::

Once or more per week !

1 day per week to maintain skills or

2-3 days per week for faster level advancement & faster results!

\$10 discounts applied when

multiple classes and/or students

*are registered **within the same transactions** .*

A \$30 Annual Family Registration Fee

will be applied during your first registration, and again annually after the initial start date.

*The annual fee covers **family lap swimming , insurance costs , and processing fees** .*

Private Pricing::

solo = **\$50**

semi = **\$60**

Interested in Private Lessons?

Please visit www.swimatlantalessons.com for a full **list of instructors available & directions on how to register!**

**D
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V
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**Saturdays
& Sundays**

DIVE CLINICS

\$15 per lesson

Best suited for **PS5 | GS3 | PC | SC | TEAM level**

Winter Lesson Schedule:: *November, December & January 2018*

4 x 40 minutes:: \$100 1st enrollment// \$90 + enrollments

Coupon Code: *online* | 10% OFF:: 4 x 40 minutes = \$90// \$81

<i>3 Week Session</i>	November Oct 29 5th 12th	November Oct 30 6th 13th	November Oct 31 7th 14th	November 1st 8th 15th	November 2nd 9th 16th	November 3rd 10th 17th	November 4th 11th 18th	<i>3 Week Session</i>
<i>4 Week Session</i>	December 26th 3rd 10th 17th	December 27th 4th 11th 18th	December 28th 5th 12th 19th	December 29th 6th 13th 20th	December 30th 7th 14th 21st	December 1st 8th 15th	December 2nd 9th 16th	<i>3 Week Session</i>
<i>4 Week Session</i>	January 7th 14th 21st 28th	January 8th 15th 22nd 29th	January 9th 16th 23rd 30th	January 10th 17th 24th 31st	January 11th 18th 25th 1st	January 5th 12th 19th 26th	January 6th 13th 20th 27th	<i>4 Week Session</i>
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:10-9:50am	ASC	ADULT	ADULT	ADULT	ADULT	INF/TOT PC	ADULT SC	9:10-9:50am
10:00-10:40am	PS2	INF/TOT	PS1	GS1	PS2	PS2 GS1 GS2	PS2 GS1 GS3	10:00-10:40am
11:00-11:40am	PS3	PS4	PS4	PS3	PS1	PS1 PS2 GS3	PS3 GS2 PC	11:00-11:40am
11:50-12:30pm	PS5	GS1	ASC	PS4	PS2	PS3 GS1 GS2	PS1 PS4 GS2	11:50-12:30pm
12:50-1:30pm	ASC	ASC	PS5	ASC	PS2 ASC	PS2 PS3 PS4	PS2 GS1 GS3	12:50-1:30pm
1:40-2:20pm	PS1 PS4	PS3 GS1	PS1 PS4	PS2 GS1	GS1 PS4	GS1 GS2 YA	PS3 GS2 PC	1:40-2:20pm
2:40-3:20pm	PS2 PS3 GS1	PS1 PS4 PC	PS2 PS3 GS3	PS1 PS3 GS1	PS2 PS3 GS1	PS3 PS4 GS3	PS1 GS1 PS5	2:40-3:20pm
3:30-4:10pm	GS1 GS2 GS3	GS1 GS2 GS3	GS1 GS2 PC	PS2 PS4 GS2 PC	GS1 GS2 PC	PS2 PS5 PC	PS3 GS2 PC	3:30-4:10pm
4:30-5:10pm	PS1 PS3 PC	PS2 PS3 GS1 GS2	PS2 PS4 GS2	PS2 GS1 PS4	PS2 PS4 GS2	PS3 GS2 SC	PS4 GS2 SC	4:30-5:10pm
5:20-6:00pm	PS2 GS1 GS2	PS1 PS2 GS3	PS1 PS3 PC	PS1 PS3 PS5	PS1 PS3 GS3	ADULT DIVE CLINIC	YA DIVE CLINIC	5:20-6:00pm
6:20-7:00pm	PS2 PS3 GS3	PS3 PS4 GS2	PS2 GS1 GS2	PS2 GS1 GS2	PS2 PS3 PS4 GS2	<i>*Please register for each month in ADVANCE for your current class level.* Level Change? Visit www.swimatlantalessons.com, click "ENROLLMENTS," "VIEW ENROLLMENT," and select "TRANSFER."</i>		6:20-7:00pm
7:10-7:50pm	PS3 GS1 GS2	PS2 GS1 PS4	PS3 GS1 PS4	PS1 PS3 PC	PS1 PS2 GS3 PC			7:10-7:50pm
8:10-8:50pm	ADULT	GS3	ADULT	ADULT	PC			8:10-8:50pm