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### **LEVEL DESCRIPTIONS (These are the MINIMUM requirements per level.)**

**Preschool 1 (PS1) 3-5 years:** Introduction to swimming for non-swimmers with emphasis on basic motor skills, face in the water, blowing bubbles, holding breath, going under the water and jumping in the water.

**Preschool 2 (PS2) 3-5 years:** For children who are comfortable, confident and already going under and jumping in the water. The class will focus on teaching unassisted swimming.

**Preschool 3 (PS3) 3-5 years:** For children who swim 5 feet unassisted with their face in the water. This class will focus on beginner's front crawl, arm recovery, independent breathing and introduction to backstroke.

**Preschool 4 (PS4) 3-5 years:** For children who swim at least 15 feet of freestyle and backstroke and are ready for advance technique in these strokes and rotary breathing.

**Gradeschool 1 (GS1) 6-12 years:** Introduction to swimming for non-swimmers.

**Gradeschool 2 (GS2) 6-12 years:** For children who can swim at least 20 feet of freestyle and backstroke.

**Gradeschool 3 (GS3) 6-12 years:** For children who can swim at least 25 yards of freestyle and backstroke and are ready for advance technique in those strokes and rotary breathing.

**Pre-Competitive (PC) 6-12 years:** Teaches butterfly and breaststroke to those who are already comfortable and proficient in freestyle with breathing to the side and backstroke for multiple laps.

**Adult and Teens \*\*13 years and older are no longer in the children swim classes. \*\***

**Adult/teen classes will resume in the spring. If you have any requests for these send them over and we will see if we can accommodate somewhere!**

**Adult Beginner (AB) 13 years and up:** For the adult/teen who wishes to learn or improve on the basics of swimming.

**Adult Intermediate (AI) 13 years and up:** For the adult/teen who can swim 40 feet of freestyle and backstroke and is ready to increase technique and distance. (equivalent to the GS3/GS4 above for swimmers 13+)

**Adult Stroke Clinic (ASC) 13 years and up:** For the adult/teen that can swim 25 yards freestyle and backstroke. Teaching and strengthening Butterfly and Breaststroke

#### **SUMMER LEAGUE STROKE CLINICS:**

5-8 years: must be doing 25 yards of freestyle and backstroke, will fine tune those, work on endurance, introduce butterfly and breaststroke, do race drills/starts

9+ years: must be doing 25 of freestyle, backstroke, butterfly and breaststroke, will fine tune all strokes, work on racing and starts

**\*\*Swim team try outs for those swimming multiple laps of freestyle with breathing to the side, backstroke, butterfly and breaststroke already\*\***

#### **Details and Registration**

1. View the level descriptions and choose the best option for the student. If you have questions, please feel free to call our office or email
2. Winter sessions are listed on the back page. Classes are offered 3 days a week! We offer weekday lessons twice a week for 4 weeks on Tuesday and Thursday. We have once a week classes Sundays for 4 weeks.
3. All PS1 & PS2 classes are limited to 4 students. All other 12 and younger classes are limited to 6 students. Adult and teen classes will vary in size 5-10 students.
4. SwimAtlanta conducts registration in person, email and in the portal. **REGISTRATION VIA EMAIL OR PORTAL AND ONLINE PAYMENT IS THE FASTEST AND BEST OPTION.** SwimAtlanta encourages customers to register early to guarantee their spot in classes. Changes are allowed, if the desired class is not full, without penalty, and cancelations are to be made 2 days (48 hrs) prior to the session's start date for no fee.
5. No refunds will be given on or after the start of the session.
6. We do not offer make up classes. With a doctor's note we will provide a full credit. This must be noted and turned in during the session of the missed class(es).