



www.swimatlantalessons.com

4050 Johns Creek Parkway | Suwanee, GA 30024 | 770-622-1735
 Monday :: 8:00am-9:00pm | Tuesday - Friday :: 8:00am-8:30pm | Saturday & Sunday :: 9:30am-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

40 Minute Classes, once or more per week!

1 day per week to *maintain skills* or **2-3 days** per week for *faster level advancement & results!*

****\$10 discounts** applied when multiple classes and/or students are registered *within the same transactions***

Class Levels:: Full Descriptions Available Online

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.

Spring Break 2019:: April 1st, 2nd, 3rd & 4th

8:10--8:50am	ASC	GS3		
9:10--9:50am	PS1	PS2	GS2	GS3
10:00--10:40am	PS3	GS1	GS2	GS3
11:00--11:40am	PS2	PS3	PS4	PC
11:50-12:30pm	PS1	PS2	GS2	GS3
12:50-1:30pm	PS3	GS1	SC	
1:40-2:20pm	PS2	GS1	GS2	
2:40-3:20pm	PS3	PS4	PS5	
3:30--4:10pm	PS1	PS2	GS2	
4:30--5:10pm	PS2	PS3	GS2	GS3
5:20--6:00pm	PS1	GS1	GS2	PC
6:20-7:00pm	PS1	PS3	GS2	SC
7:10-7:50pm	GS1	GS3	PC	
8:10--8:50pm	ASC	ADULT		

Private Pricing::

solo = **\$50**

semi = **\$60**

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

Spring Lesson Schedule:: February , March & Spring Break 2019

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

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

<i>4 Week Session</i>	February 2nd 9th 16th 23rd	February 3rd 10th 17th 24th	February 4th 11th 18th 25th	February 5th 12th 19th 26th	February 6th 13th 20th 27th	February 7th 14th 21st 28th	February 8th 15th 22nd Mar 1st	<i>4 Week Session</i>
<i>4 Week Session</i>	March 2nd 9th 16th 23rd	March 3rd 10th 17th 24th	March 4th 11th 18th 25th	March 5th 12th 19th 26th	March 6th 13th 20th 27th	March 7th 14th 21st 28th	March 8th 15th 22nd 29th	<i>4 Week Session</i>



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On Front of Schedule

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
9:10-9:50am	INF/TOT PC	ADULT SC	ADULT	ASC	ASC	ASC	ASC	9:10-9:50am
10:00-10:40am	PS2 GS1 GS2	PS2 GS1 GS3	PS2	PS1	PS3	ADULT	PS2	10:00-10:40am
11:00-11:40am	PS1 PS2 GS3	PS3 GS2 PC	PS1	GS2	GS1	PS3	PS1	11:00-11:40am
11:50-12:30pm	PS2 GS1 GS2	PS1 PS4 GS2	PS3	PS4	PS4	PS5	PS3	11:50-12:30pm
12:50-1:30pm	PS2 GS1 PS4	PS2 GS2 GS3	ASC	ASC	ASC	ASC	ASC	12:50-1:30pm
1:40-2:20pm	GS1 PC YA	PS2 PS3 PC	PS3 PS4	PS3 GS1	PS1 GS1	PS1 GS1	PS1 GS1	1:40-2:20pm
2:40-3:20pm	PS3 GS3 SC	PS1 GS1 PS5	PS2 GS1	PS1 PS4 GS1 PC	PS2 GS2 GS3	PS1 PS3 GS1	PS2 PS4 GS1	2:40-3:20pm
3:30-4:10pm	PS3 PS5 PC	PS3 GS2 PC	GS1 GS3 PC	PS3 GS2 GS3 PC	PS1 GS1 GS2 PC	GS2 GS3 PC	PS3 GS1 GS2 PC	3:30-4:10pm
4:30-5:10pm	PS2 GS1 SC	GS1 GS2 SC	PS2 PS3 PC	PS2 PS3 PS4 GS2	PS2 PS3 PS4 GS2	PS2 PS4 GS2	PS2 PS3 PS4 GS2	4:30-5:10pm
5:20-6:00pm	GS3 YA	YA DIVE CLINIC	PS2 GS1 GS2	PS1 PS2 GS3	PS1 PS2 PC	PS1 PS3 GS3	PS1 PS2 GS3	5:20-6:00pm
6:20-7:00pm	<p><i>*Please register for each month in ADVANCE for your <u>current class level</u>.*</i></p> <p><i>Level Change ?</i></p> <p><i>Visit www.swimatlantalessons.com, click "ENROLLMENTS," "VIEW ENROLLMENT," and select "TRANSFER."</i></p>		PS1 PS3 GS3	PS3 PS4 GS2	PS2 PS3 GS1 GS2	PS2 GS1 GS2	PS3 PS4 GS2	6:20-7:00pm
7:10-7:50pm			PS3 PS4 GS2	PS1 GS1 GS2	PS2 PS3 GS3	PS2 PS3 PC	PS1 PS2 GS3 PC	7:10-7:50pm
8:10-8:50pm			PC	GS3	ADULT	GS3	GS3 PC ADULT	8:10-8:50pm