




SwimAtlantaJC

www.swimatlantalessons.com

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770-622-1735 | swimatlantalessons@gmail.com

| SWIM ATLANTA | Summer Prep:: Fridays, Saturdays & Sundays | | |
|-----------------------|---|--|---|
| | <i>Fridays</i> | <i>Saturdays</i> | <i>Sundays</i> |
| April:: 2019 | April 12th, 19th & 26th | April 13th, 20th & 27th | April 7th, 14th & 28th -No 21st - Easter- |
| May:: 2019 | May 3rd, 10th & 17th | May 4th, 11th & 18th | May 5th, 12th & 19th |
| 9:10--9:50am | PS1 AB | Inf/Tot PC | Inf/Tot AB ASC SC |
| 10:00-10:40am | PS2 GS1 | PS2 PS3 GS1 GS2 | PS2 PS3 GS1 GS2 GS3 |
| 11:00--11:40am | PS3 PS4 | PS1 PS2 GS3 | PS1 PS3 PS4 GS2 PC |
| 11:50--12:30pm | Inf/Tot GS1 | PS2 GS1 GS2 | PS2 PS3 GS1 PS4 PS5 |
| 12:50--1:30pm | AB ASC | PS2 PS3 PS4 GS3 | PS2 GS1 GS2 GS3 |
| 1:40-2:20pm | PS1 GS1 PS4 | PS1 GS1 GS2 PS5 PC | PS2 PS3 PS5 PC |
| 2:40--3:20pm | PS2 PS3 PS4 GS2 GS3 | PS2 PS3 PS4 GS2 SC | PS1 PS3 GS1 PS4 GS3 |
| 3:30--4:10pm | PS2 GS1 PS4 PS5 PC | PS1 PS2 GS1 GS3 PC | PS3 GS1 GS2 PS5 |
| 4:20--5:00pm | PS1 PS2 GS1 GS3 PC | PS1 PS3 PS4 SC | Inf/Tot GS1 GS2 SC |
| 5:20--6:00pm | PS2 PS3 PS4 GS2 | PS3 GS1 PS5 | PS1 PS2 PS4 GS2 YA |
| 6:10-6:50pm | PS1 GS1 PS4 | PS2 GS2 YA | GS1 ASC |
| 7:00-7:40pm | PS2 PS3 PS4 GS2 | Class Levels:: <i>Full Descriptions Available Online</i>  | |
| 7:50-8:30pm | PS3 GS1 GS2 GS3 PC | | |
| 8:40-9:20pm | GS3 YA ASC | | |

INFANT & TODDLER CLASS: 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 2.5-6] *-Bridges Infant/Toddler to Preschool Levels-* Introduction to swimming for nonswimmers who are hesitant in the water and need gentle instruction

PS2 [ages 2.5-6] 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 2.5-7] 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 BEGINNER [16+] For the adult who wishes to learn the basics of swimming while focusing on proper breathing techniques and backstroke

Summer Prep:: April & May 2019 - 4 classes within 2 weeks

Mondays & Wednesdays

or

Tuesdays & Thursdays

April 8th, 10th, 15th & 17th

Summer Prep # 1

April 9th, 11th, 16th & 18th

April 22nd, 24th, 29th & May 1st

Summer Prep #2

April 23rd, 25th, 30th & May 2nd

May 6th, 8th, 13th & 15th

Summer Prep #3

May 7th, 9th, 14th & 16th

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| 5:20--6:00pm | PS2 | PS3 | PS5 | | |
| 6:10-6:50pm | PS1 | PS4 | GS2 | | |
| 7:00-7:40pm | PS2 | PS3 | GS1 | GS2 | |
| 7:50-8:30pm | GS3 | | | | |
| 8:40-9:20pm | YA | | | | |

Office
 Registration::
\$100|1st enrollment //
\$90|additional enrollments

Online
 Registration::
10% OFF
\$90|1st enrollment //
\$81|additional enrollments
must use coupon code ::

online

Private Lesson Information available online::
www.swimatlantalessons.com

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