

## **SwimAtlanta Roswell 2017-2018 Fall Schedule**

<b>Teams</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Fees</b>
<b>High Performance:</b> Designed for serious swimmers at state, regional and national level. Weights/dryland as directed by the coaches.	4:15-7:00 PM DL 6:15-7:00	5:00-6:30 AM 4:15-7:00 PM DL 6:15-7:00	4:15-7:00 PM DL 6:15-7:00	5:00-6:30AM 4:15-7:00 PM DL 6:15-7:00	4:15-6:15 PM DL 6:15-7:00	6:30-8:30AM	9 month installments of \$289. Sept. to May
<b>Select:</b> Designed for the committed and highly motivated swimmer ages 12 and over. This group is in preparation for the HP group. Dryland/weights as directed by Coaches	5:30-8:00 PM DL 5:30-6:15	6:15-8:00 PM	5:30-8:00 PM DL 5:30-6:15	6:15-8:00 PM	4:30-6:45 PM DL 6:15-6:45	6:30-8:30AM	9 month installments of \$265. Sept. to May
<b>Senior:</b> Offers a variety of levels for high school and middle school swimmers. The group provides flexibility for swimmers with other interests.	7:30-9:15PM DL 7:30-8:00	7:30-9:15PM DL 7:30-8:00	7:30-9:15 DL 7:30-8:00	7:30-9:15PM DL 7:30-8:00	OFF	8:30-10:00AM	9 month installments of \$196. Sept. to May
<b>Advanced Age Group:</b> For advanced and committed age group swimmers who have mastered stroke techniques, starts, and turns and are prepared to begin advanced training methods.	6:15-8:00 PM DL 6:15-6:30	5:30-8:00 PM DL 5:30-6:30	6:15-8:00 PM DL 6:15-6:30	5:30-8:00 PM DL 5:30-6:30	OFF	8:30-10:00AM	9 month installments of \$248. Sept. to May
<b>Gold:</b> For younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training.	4:50-6:30PM DL 4:50-5:15	OFF	4:50-6:30PM DL 4:50-5:15	OFF	6:30-8:00PM DL 6:30-7:00	8:30-10:00AM	9 month installments of \$197. Sept. to May

<b>Silver:</b> Offers an intermediate level practice. Group improves on the swimmers starts, turns, technique and conditioning. Meets recommended.	OFF	5:15-6:30PM DL 5:15-5:30	OFF	5:15-6:30PM DL 5:15-5:30	6:30-8:00PM DL 6:30-7:00	10:00-11:30AM	9 month installments of \$176. Sept. to May
<b>Bronze:</b> For swimmers who are comfortable with the four competitive strokes, starts, and turns and are ready to begin basic training methods. Meets recommended.	4:15-5:15PM DL 4:15-4:30	OFF	4:15-5:15PM DL 4:15-4:30	OFF	3:45-4:30PM	10:00-11:30AM	9 month installments of \$143. Sept. to May
<b>White:</b> For <i>older</i> swimmers who have knowledge of all four competitive strokes, starts, and turns and ready to develop stroke further. Meets optional.	OFF	4:30-5:15PM	OFF	4:30-5:15PM	OFF	11:30-12:15PM	9 Month installments of \$74. Sept. to May
<b>Blue:</b> For swimmers who have knowledge of the four competitive strokes, starts, and turns and ready to develop strokes further. Meets optional.	3:45-4:30PM	OFF	3:45-4:30PM	OFF	3:45-4:30PM	11:30-12:15PM	9 Month installments of \$114. Sept. to May
<b>Red:</b> Starts young swimmers into year round swimming. Focus is on basic techniques in a fun and rewarding environment. Meets optional.	OFF	3:45-4:30PM	OFF	3:45-4:30PM	OFF	11:30-12:15PM	9 month installments of \$74. Sept. to May
<b>Home School:</b> For beginner to intermediate home school swimmers looking to improve on stroke techniques and conditioning.	3:00-4:00PM		3:00-4:00PM		3:00-4:00PM		9 Month installments of \$87. Sept. to May
<b>Masters:</b> For adults who want to work technique and train for endurance.	12:00-1:00PM	12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00		\$45 a month

The first day of practice will be **August 21**