

<i>Practice Group</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Monthly Tuition</i>
National Meet participation, dedication, attendance, stroke & racing skills mandatory. Primary focus is to prepare athlete to successfully compete nationally and in college. Must have Sectional Cuts and above for consideration, ages 14-18+ years old.	4:30pm-6:45pm	4:30pm-6:45pm	4:30pm-6:45pm	4:30pm-6:45pm	4:30pm-6:45pm	5:30am-8:30am **optional PM at SL)**	\$299
Senior 1 Meet participation, dedication, attendance, stroke & racing skills mandatory. Primary focus is to prepare athlete to successfully compete at State and Regional level. Must have AG or Sr. State Cuts and above for consideration, ages 13-18 years old.	4:30pm-6:45pm	4:30pm-6:30pm	4:30pm-6:45pm	4:30pm-6:30pm	4:30pm-6:45pm	5:30am-8:30am	\$288
Senior 2 Meet participation, dedication, attendance, stroke & racing skills expected. Primary focus is to prepare athlete to successfully compete at State, Regional, High School and local level, ages 13-18 years old.	5:30pm-7:15pm	5:30pm-7:30pm	5:30pm-7:15pm	5:30pm-7:30pm	5:30pm-7:30pm	7:00am-9:00am	\$229
Advanced Age Group Meet participation required, high level of dedication, attendance, training and racing skills necessary. Primary focus is to prepare athlete to successfully compete at Regional, State and local level, ages 9-13 years old.	5:30pm-7:00pm	5:30pm-7:15pm	5:30pm-7:00pm	5:30pm-7:15pm	5:30pm-7:00pm	7:00am-9:00am	\$206
Gold Meet participation encouraged, advanced knowledge of all four strokes expected. Primary focus is to prepare athlete to learn training and racing techniques while continuing a strong pursuit of the fundamentals of swimming, ages 8-12 years old.	5:00pm-6:30pm	5:00pm-6:30pm	5:00pm-6:30pm	5:00pm-6:30pm	5:00pm-6:30pm	9:00am-10:00am	\$182
Silver Meet participation is encouraged, development of all four competitive strokes mandatory. Primary focus is to prepare athlete to successfully learn all strokes and specific drills to continue to build confidence in abilities, ages 7-10 years old.	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	OFF	9:00am-10:00am	\$166
Bronze Basic knowledge of freestyle and backstroke is mandatory. Introduction of butterfly and breaststroke. Meet participation is optional, ages 5-8 years old.	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm	OFF	9:00am-10:00am	\$150
Masters A desire to stay in shape, we welcome everyone from beginners, tri-athletes and former college swimmers. Fun and fitness are our primary goals.	12:00pm-1:00pm	12:00pm-1:00pm	12:00pm-1:00pm	12:00pm-1:00pm	12:00pm-1:00pm	OFF	\$42

New swimmers will need to be placed in practice groups; evaluations are done on an individual basis. To set up an evaluation contact Head Age Group Coach Caleb Weir, calebweir@swimatlanta.com. For any other questions regarding our program please contact Head Senior Coach Doug Gjertsen at gtswimatlanta@gmail.com. After the swimmer completes the evaluation and is assigned a training group a Parent or Guardian can then complete the on-line registration process that includes a \$205.00 registration fee to secure a spot on the team. For further information please go to www.teamunify.com/gssa or www.swimatlanta.com.