

# Swim Atlanta- Hamilton Mill

## Practice Schedule & Team Descriptions

***Start Date: Monday, August 21***

Annual Registration fee for all groups: \$205

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Monthly Fee
<b>Senior</b>	2:45-4:30PM	2:45-4:30PM	2:45-4:30PM	2:45-4:30PM	2:45-4:30PM	9:00-11:00AM  Dryland 9:00-9:30	9 monthly installments of \$230 from Sept.-May covers 12 months of swimming
<b>High school</b>	2:45-4:30PM	2:45-4:30PM	2:45-4:30PM	2:45-4:30PM			9 monthly installments of \$182 from Sept.-May covers 12 months of swimming
<b>Gold</b>	6:15-7:45PM	6:15-7:45PM	6:15-7:45PM	6:15-7:45PM	6:15-7:45PM	7:00-9:00AM  Dryland 8:30-9:00	9 monthly installments of \$205 from Sept.-May covers 12 months of swimming
<b>Gold AM</b>	6:15-7:45PM	7:15-8:45AM	7:15-8:45AM	7:15-8:45AM	7:15-8:45AM	7:00-9:00AM  Dryland 8:30-9:00	9 monthly installments of \$205 from Sept.-May covers 12 months of swimming
<b>Silver Select</b>		5:00-6:15PM		5:00-6:15PM	7:45-9:00PM	10:45AM-12:15PM  Dryland 10:45-11:00	9 monthly installments of \$188 from Sept.-May covers 12 months of swimming
<b>Silver 1</b>	7:45-9:00PM		7:45-9:00PM		7:45-9:00PM	10:45AM-12:15PM  Dryland 10:45-11:00	9 monthly installments of \$188 from Sept.-May covers 12 months of swimming
<b>Silver 2</b>		7:45-9:00PM		7:45-9:00PM	7:45-9:00PM	10:45AM-12:15PM  Dryland	9 monthly installments of \$188 from Sept.-May covers 12

# Swim Atlanta- Hamilton Mill

## Practice Schedule & Team Descriptions

***Start Date: Monday, August 21***

Annual Registration fee for all groups: \$205

						10:45-11:00	months of swimming
<b>Silver AM</b>		7:30-8:45AM	7:30-8:45AM		7:30-8:45AM	10:45AM-12:15PM  Dryland 10:45-11:00	9 monthly installments of \$188 from Sept.-May covers 12 months of swimming
<b>Bronze 1</b>	5:15-6:15PM		5:15-6:15PM		5:15-6:15PM	8:30-9:30AM	9 monthly installments of \$150 from Sept.-May covers 12 months of swimming
<b>Bronze 2</b>		5:15-6:15PM		5:15-6:15PM	5:15-6:15PM	8:30-9:30AM	9 monthly installments of \$150 from Sept.-May covers 12 months of swimming
<b>Bronze AM</b>		6:30-7:30AM	6:30-7:30AM		6:30-7:30AM	8:30-9:30AM	9 monthly installments of \$150 from Sept.-May covers 12 months of swimming
<b>Blue</b>	4:30-5:15PM		4:30-5:15PM		4:30-5:15PM	9:30-10:15AM	9 monthly installments of \$123 from Sept.-May covers 12 months of swimming
<b>*Blue AM*</b>			6:30-7:15AM		6:30-7:15AM	9:30-10:15AM	9 monthly installments of \$123 from Sept.-May covers 12 months of swimming
<b>Red</b>		4:30-5:15PM		4:30-5:15PM	4:30-5:15PM		9 monthly installments of \$108 from Sept.-May covers 12 months of swimming

# Swim Atlanta- Hamilton Mill

## Practice Schedule & Team Descriptions

**Start Date: Monday, August 21**

Annual Registration fee for all groups: \$205

### Masters

Will receive 5 written workouts per week.

Will NOT have any coached practices or designated practice times

\$30/mnt

*Groups with \*around their name: \*may attend 1 evening practice for a total of 4 practices per week\**

<b>Senior</b>	Designed for the committed and highly motivated swimmer, in hopes of achieving regional and state level time standards. Meet Participation is Mandatory.
<b>High school</b>	Provides the opportunity for High School students to prepare for the High School season and Senior level. The perfect group for multi-sport athletes wanting to continue year round swimming.
<b>Gold</b>	Provides the opportunity for the committed and highly motivated 10-14 year old swimmer to master stroke techniques, turns, starts and advance their training methods to prepare for the High school and Senior level.
<b>Gold AM</b>	Provides the opportunity for the committed and highly motivated 10-14 year old swimmer to master stroke techniques, turns, starts and advance their training methods to prepare for the High school and Senior level.
<b>Silver Select</b>	Provides the opportunity for the committed and highly motivated 12 & Under swimmer to master stroke techniques and learn advanced training methods.
<b>Silver 1</b>	Offers more advanced young swimmers the opportunity to learn advanced training methods, in an environment that still focuses on improving technique in all aspects of the sport.
<b>Silver 2</b>	Offers more advanced young swimmers the opportunity to learn advanced training methods, in an environment that still focuses on improving technique in all aspects of the sport.
<b>Silver AM</b>	Offers more advanced young swimmers the opportunity to learn advanced training methods, in an environment that still focuses on improving technique in all aspects of the sport.
<b>Bronze 1</b>	An intermediate level practice group that introduces swimmers to conditioning techniques, with a large focus on improving technique in all aspects of the sport.
<b>Bronze 2</b>	An intermediate level practice group that introduces swimmers to conditioning techniques, with a large focus on improving technique in all aspects of the sport.
<b>Bronze AM</b>	An intermediate level practice group that introduces swimmers to conditioning techniques, with a large focus on improving technique in all aspects of the sport.

# Swim Atlanta- Hamilton Mill

## Practice Schedule & Team Descriptions

***Start Date: Monday, August 21***

**Annual Registration fee for all groups: \$205**

<b>Blue</b>	A beginning practice level group that focuses mainly on improving technique in all aspects of the sport.
<b>*Blue AM*</b>	A beginning practice level group that focuses mainly on improving technique in all aspects of the sport.
<b>Red</b>	Designed to introduce beginner level swimmers to the sport of competitive swimming.