

SWIMATLANTA SUGARLOAF
Practice Schedule for Fall 2019 - Spring 2020
Fall Practice begins on Monday, August 19th

TRYOUTS AND TEAM PLACEMENTS ARE DONE ON AN INDIVIDUAL BASIS. Tuition is billed in 9 monthly instalments Sept – May. See financial policy for details.

For new swimmer group placement, please call 678-442-7946 or scot@swimatlanta.com. After being evaluated, swimmers will complete the online registration process and submit payment for the \$225 registration fee.

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Fees
SELECT – designed for the swimmer who has achieved a high level of proficiency and is willing for complete dedication to achieving national level status. <i>Coach Chris</i> *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	2:45-5:45 pm	2:45-5:45 pm	2:45-5:45 pm	2:45-5:45 pm	2:45-5:45 pm	7:00 - 9:00 am	9 monthly installments of \$309 from Sept.- May covers 12 months of swimming
PRE-SELECT - designed for the swimmer who has achieved a high level of proficiency and is willing for complete dedication to achieving national level status. <i>Coach Jordan</i> *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	2:45-5:45 pm	2:45-5:45 pm	2:45-5:45 pm	2:45-5:45 pm	2:45-5:45 pm	7:00 - 9:00 am	9 monthly installments of \$309 from Sept.- May covers 12 months of swimming
SENIOR I – designed for swimmers who have achieved a high level of proficiency and want to participate in challenging practices. <i>Coach Scot</i> *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	4:00-6:45pm	4:00-6:45pm	4:00-6:45pm	4:00-6:45pm	4:00-6:45pm	7:00 - 9:00am	9 monthly installments of \$285 from Sept.- May covers 12 months of swimming
SENIOR – provides the opportunity for more advanced age group or older swimmers to move up to senior level swimming. <i>Coach Scot</i> *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	2:45-4:15pm <i>(optional dryland 4:15-4:45pm)</i>	2:45-4:15pm <i>(optional dryland 4:15-4:45pm)</i>	2:45-4:15pm <i>(optional dryland 4:15-4:45pm)</i>	2:45-4:15pm <i>(optional dryland 4:15-4:45pm)</i>	2:45-4:15pm	9:00-10:30am	9 monthly installments of \$252 from Sept.- May covers 12 months of swimming
PRE-SENIOR – provides the opportunity for middle school students to get ready for the senior level. <i>Coach Scot</i> *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	<i>(optional dryland 6:15-6:45pm)</i> 6:45-8:15pm	<i>(optional dryland 6:15-6:45pm)</i> 6:45-8:15pm	6:45-8:15pm	<i>(optional dryland 6:15-6:45pm)</i> 6:45-8:15pm	6:15-7:45pm	9:00-10:30am	9 monthly installments of \$252 from Sept.- May covers 12 months of swimming
AGE GROUP – provides the committed and motivated young swimmers an opportunity to practice more and improve more rapidly. <i>Coach Chris Jr.</i> *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	5:00-7:30pm	5:00-7:00pm	5:00-7:30pm	5:00-7:00pm	5:00-7:30pm	7:00-9:00am	9 monthly installments of \$265 from Sept.- May covers 12 months of swimming
DIAMOND – provides seriously committed young swimmers an opportunity to practice and improve more rapidly. <i>Coach Chris Jr</i> *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:15-7:45pm	9:00-10:30am	9 monthly installments of \$254 from Sept.- May covers 12 months of swimming
GOLD – offers more 12-14 year old swimmers an opportunity to improve stroke and turn techniques. <i>Coach Jordan</i> *SWIMMERS CAN ATTEND UP TO 6 PRACTICES PER WEEK*	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:15-7:45pm	9:00-10:30am	9 monthly installments of \$252 from Sept.- May covers 12 months of swimming
SILVER – offers more advanced young swimmers an opportunity to improve stroke and turn techniques. <i>Coach Lexi</i> *SWIMMERS CAN ATTEND UP TO 4 PRACTICES PER WEEK*	7:00-8:15pm	7:00-8:15pm	7:00-8:15pm	7:00-8:15pm	7:00-8:15pm	10:30-11:45am	9 monthly installments of \$201 from Sept.- May covers 12 months of swimming
BRONZE – an intermediate level practice group that introduces swimmers to conditioning techniques. <i>Coach Lexi</i> *SWIMMERS CAN ATTEND UP TO 4 PRACTICES PER WEEK*	5:45-6:45pm	5:45-6:45pm	5:45-6:45pm	5:45-6:45pm	5:00-6:15pm	10:30-11:45am	9 monthly installments of \$183 from Sept.- May covers 12 months of swimming
BLUE – a beginning level practice group that emphasizes stroke and turn techniques. <i>Coach Lexi</i> *SWIMMERS CAN ATTEND UP TO 4 PRACTICES PER WEEK*	5:00-5:45pm	4:15-5:00pm	5:00-5:45pm	4:15-5:00pm	4:15-5:00pm	11:45-12:30pm	9 monthly installments of \$143 from Sept.- May covers 12 months of swimming
RED – designed to start young swimmers into the sport of swimming.	4:15-5:00pm		4:15-5:00pm			11:45-12:30pm	9 monthly installments of \$109 from Sept.- May covers 12 months of swimming

<i>Coach Lexi</i>		5:00-5:45pm		5:00-5:45pm		11:45-12:30pm	
SWIMMERS CAN ATTEND UP TO 3 PRACTICES PER WEEK							
HOME SCHOOL SWIM TEAMS							
PLATINUM – provides advanced and seriously committed swimmers an opportunity to improve more rapidly. <i>Coach Jordan</i>	1:45-3:00pm		1:45-3:00pm		1:45-3:00pm	*10:30-11:45am	9 monthly installments of \$109 from Sept.-May covers 12 months of swimming
WHITE II – an intermediate level that improves stroke and turn techniques as well as introduces swimmers to conditioning techniques. <i>Coach Jordan</i>	1:45-2:45pm		1:45-2:45pm		1:45-2:45pm	*10:30-11:45am	9 monthly installments of \$94 from Sept.-May covers 12 months of swimming
WHITE I – a beginning level designed to start young swimmers into the sport of swimming, emphasizing stroke and turn techniques. <i>Coach Jordan</i>	1:45-2:30pm		1:45-2:30pm		1:45-2:30pm	*11:45-12:30pm	9 monthly installments of \$82 from Sept.-May covers 12 months of swimming
MASTERS							
MASTERS - Adult swim team with organized practices led by a coach. <i>Morning Practices-Coach Jordan</i> <i>Afternoon Practices-Coach Scot</i>	12:00-1:00pm	5:45-7:00am	12:00-1:00pm	5:45-7:00am	5:45-7:00am	9:00-10:30am	\$77 per month
		12:00-1:00pm		12:00-1:00pm	12:00-1:00pm		

* Saturday Home School practices are combined with our regular swim team.