

SwimAtlanta - Johns Creek

2020-2021 Practice Schedule

\$199 Registration Fee includes swim suit, swim cap, & t-shirt

First day of practice September 1st

		Group Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Price
9 Monthly Payments September - May (June & July No Payments)	Senior Select	For serious senior level swimmers at the National, Sectional, and State level. Drylands directed online by the coaching staff. Meet participation is required.	4:15-6:00pm	4:15-6:00pm	4:15-6:00pm	4:15-6:00pm	4:15-6:00pm	7:00-9:30am		\$309
	Prep	For advanced & committed swimmers who have mastered stroke techniques, starts, turns and are prepared to begin advanced training methods. Meet participation is required, with 2-5 of them a year being out of town. In a 2 week cycle 11 out 12 works outs are required with a goal of 100%.	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		9:30-11:15am	7:30-9:30am	\$262
	Senior 2	Provides swimmers an opportunity to practice more in an atmosphere in which to sharpen their physical fitness and practice technique to excel in High School swimming.	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm	8:30-9:30pm				\$216
	AAG	For age swimmers who are confident with the four competitive strokes and are ready to learn more advanced stroke techniques, starts, turns, and conditioning. Meet participation is required, with 1-3 meets being out of town	7:00-8:15pm	7:00-8:15pm	7:00-8:15pm	7:00-8:15pm		9:30-10:45am	7:30-9:30am	\$237
	Age Group Early	Designed for age group swimmers wanting a more challenging practice to improve their skills more rapidly. These swimmers are prepared to begin move advanced training methods. Meet participation is required, with 1-3 meets a year being out of town.	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm		11:15-12:15pm	9:30-10:45am	\$228
	Age Group		7:30-8:30pm	7:30-8:30pm	7:30-8:30pm	7:30-8:30pm		11:15-12:15pm	9:30-10:45am	\$228
	Diamond	For young age group swimmers who have developed, but still can improve upon on proper stroke, starts and turn techniques. Conditioning techniques are introduced. Meet participation is required, with 1-3 meets a year being out of town.	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm			\$195
	Blue 1	For swimmers who are comfortable with the four competitive strokes and are ready to learn more stroke techniques, starts, and turns. Developmental meet participation is recommended.	8:15-9:00pm		8:15-9:00pm					\$120
	Blue 2			8:15-9:00pm		8:15-9:00pm				\$120
	White 1	For swimmers who are comfortable with the four competitive strokes and are ready to learn more stroke techniques, starts, and turns. Developmental meet participation is highly recommended with swimmers being invited to select local USA Swimming meets.	4:15-5:00pm		4:15-5:00pm					\$120
	White 2			4:15-5:00pm		4:15-5:00pm				\$120
	Red 1	Designed to start young swimmers into the sport of swimming. Focuses on basic swimming techniques in a fun and rewarding environment. Development meet participation is encouraged.	3:45-4:15pm		3:45-4:15pm					\$79
	Red 2			3:45-4:15pm		3:45-4:15pm				\$79
Home School	For swimmers who have developed, but still can improve upon on proper stroke and turn techniques.	2:15-3:15pm	2:15-3:15pm	2:15-3:15pm	2:15-3:15pm				\$107	

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		Group Description	Friday	Saturday	Sunday	Price
Add On Practices / Pick Your Own Schedule Billed Monthly	Blue Friday	For swimmers who are comfortable with the four competitive strokes and are ready to learn more stroke techniques, starts, and turns. Developmental meet participation is recommended.	6:00-6:45pm			\$60
	Blue Saturday			12:15-1:00pm		\$60
	Blue Sunday				10:45-11:30am	\$60
	White Friday	For swimmers who are comfortable with the four competitive strokes and are ready to learn more stroke techniques, starts, and turns. Developmental meet participation is encouraged.	4:15-5:00pm			\$60
	White Saturday			12:15-1:00pm		\$60
	White Sunday				10:45-11:30am	\$60
	Red Friday	Designed to start young swimmers into the sport of swimming. Focuses on basic swimming techniques in a fun and rewarding environment. Development meet participation is encouraged.	3:45-4:15pm			\$40
	Red Saturday			1:00-1:45pm		\$60
	Red Sunday				11:30-12:15pm	\$60