

2025 Summer SwimAtlanta ROSWELL Practice Schedule

Summer Practice Schedule Starts May 23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High Performance: Designed for serious swimmers at state, regional and national level. Weights/ dryland as directed by the coaches. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Tempo Trainer[optional]) Coach Andy and Coach Rick	5:45-7:45 AM 1:00-3:00 PM	5:45-7:45 AM	5:45-7:45 AM 1:00-3:00 PM	5:45-7:45 AM	5:45-7:45 AM 1:00-3:00 PM	7:00-9:00 AM
Select: 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. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Tempo Trainer[optional]) Coach Andy and Coach Rick	5:45-7:45 AM 1:00-3:00 PM	5:45-7:45 AM	5:45-7:45 AM 1:00-3:00 PM	5:45-7:45 AM	5:45-7:45 AM	7:00-9:00 AM
SWAT: Offers a variety of levels for high school and middle school swimmers. The group provides flexibility for swimmers with other interests. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Kickboard) Coach Rick and Coach Andy	1:00-2:45 PM	None	1:00-2:45 PM	none	6:00-7:45am	7:00-9:00 AM
Pre-Select: For advanced and committed age group swimmers who have mastered stroke techniques, starts, and turns and are prepared to begin advanced training methods. (Equipment: Fins, Paddles, Pull Bouy, Snorkel, Kickboard) Coach Rick and Coach Andy	5:45-7:30 AM	5:45-7:30 AM	5:45-7:30 AM 1:00-2:30 PM	5:45-7:30 AM	5:45-7:30 AM	7:00-9:00 AM
Gold: For younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel) PICK AM OR PM Coach Rick	6:30-7:45 AM Or 4:15-5:15 PM	6:30-7:45 AM Or 8:15-9:15 AM	6:30-7:45 AM Or 4:15-5:15 PM	6:30-7:45 AM Or 8:15-9:15 AM	OFF	8:00-9:30 AM
Silver: Offers an intermediate level practice. Group improves on the swimmers starts, turns, technique and conditioning. Meets recommended. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel) Coach Rick	4:15 – 5:15 PM	8:15-9:15 AM	4:15 – 5:15 PM	8:15-9:15 AM	OFF	8:00-9:15 AM
Bronze: For swimmers who are comfortable with the four competitive strokes, starts, and turns and are ready to begin basic training methods. Meets recommended (Equipment: Fins, Kickboard, Pull Bouy) Coach Rick	4:15 – 5:15 PM	8:15-9:15 AM	4:15 – 5:15 PM	8:15-9:15 AM	OFF	8:15-9:15 AM
Blue: For swimmers who have knowledge of the four competitive strokes, starts, and turns and ready to developed strokes further. Meets optional. (Equipment: Fins, Kickboard) Coach Rick	3:45-4:30 PM	9:15-10:00 AM	3:45-4:30 PM	9:15-10:00 AM	OFF	9:15-10:00 AM
Red: Starts young swimmers into year round swimming. Focus is on basic techniques in a fun and rewarding environment. Meets optional. (Equipment: Fins, Kickboard) Coach Rick	3:45-4:30 PM	9:15-10:00 AM	3:45-4:30 PM	9:15-10:00 AM	OFF	9:15-10:00 AM
Masters: For adults who want to work technique and train for endurance. Billed in 11 monthly instalments. Sept - July.	6:00-7:30 AM OR 12:00-1:00 PM	12:00-1:00 PM	6:00-7:30 AM OR 12:00-1:00 PM	12:00-1:00 PM	6:00-7:30 AM OR 12:00-1:00 PM	none

****Bold Workouts will be held at Roswell Rec.(10495 Woodstock Rd,)***