

## 2025-2026 SwimAtlanta East COBB Practice Schedule and Fees

*[Tuition is billed in 9 monthly installments] [See financial policy for details]*

Team <b>September 29<sup>th</sup> – May 22<sup>nd</sup></b> 2111 Old Canton Rd. Marietta GA, 30062	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Senior Elite:</b> training to perfect skills for top level swimmer. Includes indoor dryland and strength training. Recommend 6-8 practices per week.	4:00-6:00pm	5:30-7am 4:00-6:00pm	4:00-6:00pm	5:30-7am 4:00-6:15pm	OFF	6:30am 8:30am	7:00-8:30am
<b>Senior I:</b> designed for swimmers who have achieved a high level of proficiency and want to participate in challenging practices. Recommend 5-6 practices per week.	4:00-5:45pm	5:30am-7am 4:00-5:45pm	4:00-5:45pm	5:30am-7am 4:00-5:45pm	OFF	6:30am-8:00am	7:00am-8:30am
<b>Senior II:</b> provides committed and motivated young swimmers an opportunity to practice more and improve more rapidly. Recommend 4-5 practices per week.	5:30 - 6:45pm	6:00am to 7:00am 5:30 - 6:45pm	5:30 - 6:45pm	6:00am to 7:00am 5:30 - 6:45pm	none	8:00 to 9:00am	\$295
<b>High School:</b> consists of a competition group of high school age swimmers whose training is focused on preparation for high school meets, with the opportunity to participate in USS competition.	none	5:30-6:30pm	none	5:30-6:30pm	none	8:00- 9:00am	\$192
<b>High School II:</b> consists of a competition group of high school age swimmers whose training is focused on preparation for high school meets, with the opportunity to participate in USS competition	5:30-6:30pm	none	5:30-6:30pm	none	none	8:00am-9:00am	\$192
<b>Age Group Elite:</b> offers more advanced young swimmers an opportunity to improve stroke and turn techniques and begin conditioning.	5:45 to 7:15pm	5:45 - 7:15pm	5:45 - 7:15pm	6:00am to 7:00am	none	8:30am to 9:30am	\$270
<b>Silver:</b> provides seriously committed young swimmers an opportunity to practice and achieve excellence. Pick 4 days per week.	7:00pm to 8:00pm	7:00pm to 8:00pm	7:00pm to 8:00pm	6:30-7:30pm	none	9:15-10:15am	\$225
<b>Bronze:</b> is an intermediate level practice group that introduces swimmers to conditioning techniques.	3:30 - 4:30pm	none	3:30 - 4:30pm	none	none	10:15- 11:15am	\$205
<b>Blue:</b> is a beginning level practice group that emphasizes stroke and turn techniques.	none	3:15-4:15pm	none	3:15-4:15pm	none	10:15 to 11:15am	\$189
<b>Red:</b> is designed to start young swimmers into the sport of swimming while allowing maximum flexibility for other activities.	3:15 - 4:00pm	none	3:15 - 4:00pm	none	none	10:30 to 11:15am	\$179
<b>Masters:</b> Billed in 11 monthly instalments. Sept - July. *	5:00 - 6:30am	none	5:00 - 6:30am	none	5:00 - 6:30am	none	\$59

