



SWIM ATLANTA

Homeschool & Daytime Classes

Beginner Classes

Tuesdays & Thursdays
9:40 AM – 10:20 AM

Preschool to Grade School

For new to water and beginner swimmers, this class teaches:

- ✓ Learning breath control and floating
- ✓ Putting face in the water
- ✓ Beginner's freestyle and backstroke
- ✓ Progressing to side-breathe a 45-foot swim

Taught in our 45-foot small pool



Advanced Classes

Lap Pool

Tuesdays & Thursdays
10:30 AM – 11:10 AM

- ✓ Developing endurance for longer swims
- ✓ Improving form and techniques in freestyle, backstroke, breaststroke, and butterfly
- ✓ Preparing for team finishes, and diving



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