

**2025-2026 SwimAtlanta ROSWELL Practice Schedule and Fees**  
*[Tuition is billed in 9 monthly installments. Sept.-May] [See financial policy for details]*

<b>Team (practice starts August, 2025)</b> <b>\$225 registration fee. Includes, team towel, and team swim cap.</b> <b>(\$115 registration fee after January 1<sup>st</sup> and no longer includes team outfitting)</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tuition
<b>High Performance:</b> 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])	4:15-7:00pm DL 6:15-7:00	4:15-7:00pm DL 6:15-7:00	4:15-7:00pm DL 6:15-7:00	4:15-7:00pm DL 6:15-7:00	4:15-6:15pm	6:30-8:30am	\$420
<b>Select:</b> 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])	5:30-8:00pm DL 5:30-6:15	6:15-8:00pm	5:30-8:00pm DL 5:30-6:15	6:15-8:00pm	4:30-6:15pm	6:30-8:30am	\$387
<b>Pre-Select:</b> 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)	6:30-8:00pm DL 6-6:30pm	6:30-8:00pm	6:30-8:00pm DL 6-6:30pm	6:30-8:00pm	<b>5:45am to 7:00am</b>	8:00-9:30am	\$362
<b>SWAT:</b> 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)	6:30-7:45pm	6:00-7:30pm	6:30-7:45pm	none	none	8:30-9:30am	\$225
<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	4:30-5:30pm	none	4:30-5:30pm	none	8:30-9:30am	\$175
<b>Gold:</b> For younger swimmers working to master their strokes and begin learning proper fundamentals of advanced training. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel) <b>Please pick 4 of the 5 days/week</b>	5:15-7:00pm DL 6:30-7:00pm	none	5:15-7:00pm DL 6:30-7:00pm	5:15 to 6:30pm	<b>6:00am to 7:00am</b>	8:30-10:00am	\$262
<b>Silver:</b> Offers an intermediate level practice. Group improves on the swimmers starts, turns, technique and conditioning. Meets recommended. (Equipment: Fins, Kickboard, Pull Bouy, Snorkel) <b>Please pick 4 of the 5 days/week</b>	none	5:30-6:30pm	5:15pm to 7:00pm DL 6:30 to 7:00pm	5:30-6:30pm	<b>6:15am –7:30am</b> OR 3:45 to 4:45pm	10:00-11:00am	\$235
<b>Bronze:</b> 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)	4:15 – 5:15pm	none	4:15pm – 5:15pm	none	3:45-4:30pm	10:00-11:00am	\$211
<b>Blue:</b> For swimmers who have knowledge of the four competitive strokes, starts, and turns and ready to developed strokes further. Meets optional. (Equipment: Fins, Kickboard)	3:45-4:30pm	none	3:45-4:30pm	none	3:45-4:30pm	10:00-10:45am	\$175
<b>Red:</b> Starts young swimmers into year-round swimming. Focus is on basic techniques in a fun and rewarding environment. Meets optional. (Equipment: Fins, Kickboard)	none	4:00-4:45pm	none	4:00-4:45pm	none	9:30-10:15am	\$160
<b>Masters:</b> For adults who want to work technique and train for endurance. Billed in 11 monthly instalments. Sept - July.	<b>6:00-7:30am</b> OR 12:00-1:00pm	12:00-1:00pm	<b>6:00-7:30am</b> OR 12:00-1:00pm	12:00-1:00pm	<b>6:00-7:30am</b> OR 12:00-1:00pm	none	\$68