



SwimAtlanta-Sugarloaf Swim School

Office Hours

Monday - Thursday 9 AM - 7 PM
 Friday 9 AM - 5 PM
 Saturday 9 AM - 3 PM
 Sunday 1 PM - 5 PM

SwimAtlanta
 4850 Sugarloaf Pkwy
 Suite 702
 Lawrenceville, GA 30044
678-442-7946
swimatlanta.com

Swimming is a year-round activity!
 SwimAtlanta offers year-round programs.
 SwimAtlanta encourages year-round practice.
 Like all activities a swimmer's knowledge and skill level will regress without frequent practice.

SwimAtlanta has modified the year-round swim lesson program.
These exciting changes allow customers more scheduling options.
You can choose 1 day a week, any day, to maintain skills
OR
you can choose a combination of 2-3 days a week to see faster results.

SwimAtlanta is excited to announce our NEW year-round lesson program

All Classes are 40 minutes.

All Sessions are 4 weeks.

You choose: 1 day a week or a combination of days.

Price:

Choose 1 day a week x 4 weeks, Total Price = \$74.00

Choose 2 days a week x 4 weeks, Total Price = \$128.00

Choose 3 days a week x 4 weeks, Total Price = \$182.00

Choose 1 day a week to maintain skills and for gradual level advancements.

Choose 2-3 days a week for a more aggressive approach and for faster level advancements.

Fall 2009 Session Dates

Register Now For:
 Back-to-School Session
 Mon.-Thurs.
 Aug. 17 - Aug. 20
 40 minute classes
 Total Price = \$74.00

Starting August 17,
 SwimAtlanta-Sugarloaf is limiting children's beginner levels (PS1, PS2 & GS1) to **4 students!!!**

Sessions:	<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>	<u>Sundays</u>
August - September	August 24 - September 14 (no class Sept. 7)	August 25 - September 15	August 26 - September 16	August 27 - September 17	August 21 - September 18 (no class Sept. 4)	August 22 - September 19 (no class Sept. 5)	August 23 - September 20 (no class Sept. 6)
September - October	September 21 - October 12	September 22 - October 13	September 23 - October 14	September 24 - October 15	September 25 - October 16	September 26 - October 17	September 27 - October 18
October - November	October 19 - November 9	October 20 - November 10	October 21 - November 11	October 22 - November 12	October 23 - November 13	October 24 - November 14	October 25 - November 15
November - December	November 16 - December 14 (no class Nov. 23)	November 17 - December 15 (no class Nov. 24)	November 18 - December 16 (no class Nov. 25)	November 19 - December 17 (no class Nov. 26)	November 20 - December 18 (no class Nov. 27)	November 21 - December 19 (no class Nov. 28)	November 22 - December 20 (no class Nov. 29)

An extended schedule, including level descriptions and class times, will be available to view and for registration one month prior to each session's starting date.

The August - September Schedule is available NOW!

Registration is conducted in person. Accepted means of payment: Check or Cash



SwimAtlanta-Sugarloaf Swim School

2009 August-September Schedule

Office Hours

Monday - Thursday 9 AM - 7 PM
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 Saturday 9 AM - 3 PM
 Sunday 1 PM - 5 PM

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Details & Registration:

1. View the level descriptions and choose the best option for the student. Level evaluations are available, upon request.
2. **Back-To-School Session** will meet Monday thru Thursday from August 17 thru August 20. This is a great session for fast improvements since it meets for 4 days in a row! Choose a time for the student's level as listed to the right of the level.
3. **August-September Sessions** are listed on the 2nd page of the schedule. Sessions are offered every day of the week! You choose the day, or combination of days, that you want. Choose 1 day a week to maintain skills and for gradual level advancements. Choose 2-3 days for faster results and faster level advancements. All sessions will meet for 4 weeks in a row and each class is 40 minutes long. Choose a time for the student's level as it is listed to the right of the level then under the chosen day(s)
4. Children's beginner levels (PS1, PS2, GS1) are limited to 4 students. All other levels are limited to 6 students.
5. Currently SwimAtlanta conducts all registration in person and accepts check or cash for payment, which is due at registration. SwimAtlanta encourages customers to register early to guarantee a space. Changes and cancellations are allowed, without penalty, if made 2 days prior to the session's starting day.

Level Descriptions

<p>Infant & Toddler (6 months - 3 years) Introduction to swimming. Parent & child participate in water adjustment & motor skills.</p>
<p>Preschool 1 (3 years - 5 years) Beginner level with introduction to swimming. This level will focus on motor skills, face in the water, blowing bubbles, holding breath, going underwater & jumping in the pool, unassisted.</p>
<p>Preschool 2 (3 years - 5 years) For children who are comfortable, confident and already going underwater unassisted and holding their breath. This level will focus on teaching unassisted swimming for 5 - 10 ft.</p>
<p>Preschool 3 (3 years - 5 years) For children who can already swim 5 - 10 ft. unassisted. This level will focus on beginner's freestyle, arm recovery and intro to backstroke.</p>
<p>Preschool 4 (3 years - 5 years) For children who swim 20 ft. unassisted with independent breathing & a beginner's freestyle. This level focuses on increasing swimming distance to 25 yds., rotary breathing & backstroke.</p>
<p>Grade School 1 (6 years - 12 years) Introduction to swimming for non swimmers and those who swim less than 20 ft. This level will focus on teaching a modified freestyle & independent swimming.</p>
<p>Grade School 2 (6 years - 12 years) For students who swim 20 ft unassisted. This level will focus on teaching freestyle & backstroke techniques & swimming a distance of 25 yds.</p>
<p>Grade School 3 (6 years - 12 years) For those who can correctly swim freestyle & backstroke for 25 yds. This level will focus on endurance building techniques & diving.</p>
<p>Pre-Competitive 1 (6 years - 12 years) For students who have good skills and endurance in freestyle & backstroke. This level will teach butterfly & breaststroke.</p>
<p>Pre-Competitive 2 (PC2) For students who can swim all four strokes proficiently. This level will focus on beginner's competitive techniques & maintaining skills.</p>
<p>Adult Beginner (13 years - Adults) For those who wish to learn to swim. This is a beginners level that will focus on teaching unassisted swimming with a modified stroke.</p>
<p>Adult Stoke Clinic (13 years - Adults) For those who can already swim at least 25 yards unassisted. This level will focus on improving upon strokes, techniques & distance.</p>
<p>Home School 1 (6 years - 12 years) For home school children who are beginner swimmers. This level will focus on teaching unassisted swimming, freestyle & backstroke for 25 yards.</p>
<p>Home School 2 (6 years - 12 years) For home school children who can swim at least 25 yards unassisted and are ready to develop the competitive strokes & techniques.</p>

Back-To-School Session

40 Minute Classes / 1 Week Only
 Monday, Tuesday, Wednesday & Thursday
August 17, 18, 19 & 20
Session Price: \$74.00
 Register another family member and receive 10% off the additional student's price.
 Registration is done in person.
 Accepted Means of Payment: **Check or Cash**

Levels	Times Offered
INF/TOT Infant & Toddler	Not Available
PS1 Preschool 1	11:30 AM - 12:10 PM 3:40 PM - 4:20 PM 6:10 PM - 6:50 PM
PS2 Preschool 2	11:30 AM - 12:10 PM 3:40 - 4:20 PM 6:10 PM - 6:50 PM
PS3 Preschool 3	12:20 PM - 1:00 PM 5:20 PM - 6:00 PM
PS4 Preschool 4	2:50 PM - 3:30 PM 4:30 PM - 5:10 PM
GS1 Grade School 1	5:20 PM - 6:00 PM 7:00 PM - 7:40 PM
GS2 Grade School 2	4:30 PM - 5:10 PM 7:00 PM - 7:40 PM
GS3 Grade School 3	3:40 PM - 4:20 PM 6:10 PM - 6:50 PM
PC1 Pre-Competitive 1	4:30 PM - 5:10 PM 7:00 PM - 7:40 PM
PC2 Pre-Competitive 2	Not Available
AB Adult Beginner	Not Available
ASC Adult Stoke Clinic	Not Available
HS1 Home School 1	1:10 PM - 1:50 PM
HS2 Home School 2	2:00 PM - 2:40 PM

August-September Sessions

40 Minute Classes / 4 Weeks in a Session

Choose 1 day a week x 4 weeks, Total Price = \$74.00

Choose 2 days a week x 4 weeks, Total Price = \$128.00

Choose 3 days a week x 4 weeks, Total Price = \$182.00

Choose 1 day a week to maintain skills and for gradual level advancements. Choose 2-3 days a week for faster results and faster level advancements.

Register an additional family member and receive 10% off the student's price, of equal or lesser value.

Registration is conducted in person. Accepted Means of Payment: **Check or Cash**

Levels	Session Days & Times Offered						
<i>Class times for levels are listed to the right of the level then under your chosen day or combination of days.</i>	<u>MONDAYS</u> Aug. 24 - Sept. 14 <small>No Class Sept. 7. Session Pro-rated by \$18.50</small>	<u>TUESDAYS</u> Aug. 25 - Sept. 15	<u>WEDNESDAYS</u> Aug. 26 - Sept. 16	<u>THURSDAYS</u> Aug. 27 - Sept. 17	<u>FRIDAYS</u> Aug. 21 - Sept. 18 <small>No Class Sept. 4. Session still meets for 4 weeks.</small>	<u>SATURDAYS</u> Aug. 22 - Sept. 19 <small>No Class Sept. 5. Session still meets for 4 weeks.</small>	<u>SUNDAYS</u> Aug. 23 - Sept. 20 <small>No Class Sept. 6. Session still meets for 4 weeks.</small>
<u>INF/TOT</u> <u>Infant & Toddler</u>	Not Available	11:30 AM - 12:10 PM	Not Available	11:30 AM - 12:10 PM	10:40 AM - 11:20 AM	9:00 AM - 9:40 AM	4:30 PM - 5:10 PM
<u>PS1</u> <u>Preschool 1</u>	11:30 AM - 12:10 PM 4:30 PM - 5:10 PM 6:10 PM - 6:50 PM	2:50 PM - 3:30 PM 4:30 PM - 5:10 PM 6:10 PM - 6:50 PM	11:30 AM - 12:10 PM 4:30 PM - 5:10 PM 6:10 PM - 6:50 PM	2:50 PM - 3:30 PM 4:30 PM - 5:10 PM 6:10 PM - 6:50 PM	9:50 AM - 10:30 AM 3:40 PM - 4:20 PM 5:20 PM - 6:00 PM	9:50 AM - 10:30 AM 11:30 AM - 12:10 PM 2:00 PM - 2:40 PM	2:00 PM - 2:40 PM
<u>PS2</u> <u>Preschool 2</u>	11:30 AM - 12:10 PM 3:40 PM - 4:20 PM 6:10 PM - 6:50 PM	12:20 PM - 1:00 PM 4:30 PM - 5:10 PM 7:00 PM - 7:40 PM	11:30 AM - 12:10 PM 3:40 PM - 4:20 PM 6:10 PM - 6:50 PM	12:20 PM - 1:00 PM 4:30 PM - 5:10 PM 7:00 PM - 7:40 PM	12:20 PM - 1:00 PM 3:40 PM - 4:20 PM 6:10 PM - 6:50 PM	9:50 AM - 10:30 AM 11:30 AM - 12:10 PM 1:10 PM - 1:50 PM	2:50 PM - 3:30 PM
<u>PS3</u> <u>Preschool 3</u>	12:20 PM - 1:00 PM 2:50 PM - 3:30 PM 4:30 PM - 5:10 PM 7:00 PM - 7:40 PM	1:10 PM - 1:50 PM 3:40 PM - 4:20 PM 5:20 PM - 6:00 PM 7:00 PM - 7:40 PM	12:20 PM - 1:00 PM 2:50 PM - 3:30 PM 4:30 PM - 5:10 PM 7:00 PM - 7:40 PM	1:10 PM - 1:50 PM 3:40 PM - 4:20 PM 5:20 PM - 6:00 PM 7:00 PM - 7:40 PM	11:30 AM - 12:10 PM 2:50 PM - 3:30 PM 6:10 PM - 6:50 PM	10:40 AM - 11:20 AM 1:10 PM - 1:50 PM	3:40 PM - 4:20 PM
<u>PS4</u> <u>Preschool 4</u>	5:20 PM - 6:00 PM	2:00 PM - 2:40 PM 5:20 PM - 6:00 PM	5:20 PM - 6:00 PM	2:00 PM - 2:40 PM 5:20 PM - 6:00 PM	1:10 PM - 1:50 PM 4:30 PM - 5:10 PM	12:20 PM - 1:00 PM	2:50 PM - 3:30 PM
<u>GS1</u> <u>Grade School 1</u>	5:20 PM - 6:00 PM 7:00 PM - 7:40 PM	3:40 PM - 4:20 PM 6:10 PM - 6:50 PM	5:20 PM - 6:00 PM 7:00 PM - 7:40 PM	3:40 PM - 4:20 PM 6:10 PM - 6:50 PM	4:30 PM - 5:10 PM 7:00 PM - 7:40 PM	9:50 AM - 10:30 AM 11:30 AM - 12:10 PM 2:50 PM - 3:30 PM	1:10 PM - 1:50 PM 4:30 PM - 5:10 PM
<u>GS2</u> <u>Grade School 2</u>	4:30 PM - 5:10 PM 7:00 PM - 7:40 PM	4:30 PM - 5:10 PM 6:10 PM - 6:50 PM	4:30 PM - 5:10 PM 7:00 PM - 7:40 PM	4:30 PM - 5:10 PM 6:10 PM - 6:50 PM	5:20 PM - 6:00 PM 7:00 PM - 7:40 PM	10:40 AM - 11:20 AM 11:30 AM - 12:10 PM 2:00 PM - 2:40 PM	2:00 PM - 2:40 PM 4:30 PM - 5:10 PM
<u>GS3</u> <u>Grade School 3</u>	3:40 PM - 4:20 PM 6:10 PM - 6:50 PM	5:20 PM - 6:00 PM 7:00 PM - 7:40 PM	3:40 PM - 4:20 PM 6:10 PM - 6:50 PM	5:20 PM - 6:00 PM 7:00 PM - 7:40 PM	3:40 PM - 4:20 PM 7:00 PM - 7:40 PM	10:40 AM - 11:20 AM 1:10 PM - 1:50 PM	2:50 PM - 3:30 PM
<u>PC1</u> <u>Pre-Competitive 1</u>	3:40 PM - 4:20 PM 6:10 PM - 6:50 PM	3:40 PM - 4:20 PM 7:00 PM - 7:40 PM	3:40 PM - 4:20 PM 6:10 PM - 6:50 PM	3:40 PM - 4:20 PM 7:00 PM - 7:40 PM	4:30 PM - 5:10 PM 6:10 PM - 6:50 PM	9:00 AM - 9:40 AM 12:20 PM - 1:00 PM 2:50 PM - 3:30 PM	1:10 PM - 1:50 PM
<u>PC2</u> <u>Pre-Competitive 2</u>	5:20 PM - 6:00 PM	6:10 PM - 6:50 PM	5:20 PM - 6:00 PM	6:10 PM - 6:50 PM	Not Available	9:00 AM - 9:40 AM 12:20 PM - 1:00 PM	3:40 PM - 4:20 PM
<u>AB</u> <u>Adult Beginner</u>	7:00 PM - 7:40 PM	Not Available	7:00 PM - 7:40 PM	Not Available	Not Available	8:15 AM - 8:55 AM 3:40 PM - 4:20 PM	3:40 PM - 4:20 PM
<u>ASC</u> <u>Adult Stoke Clinic</u>	Not Available	5:20 PM - 6:00 PM	Not Available	5:20 PM - 6:00 PM	Not Available	8:15 AM - 8:55 AM 3:40 PM - 4:20 PM	Not Available
<u>HS1</u> <u>Home School 1</u>	1:10 PM - 1:50 PM	Not Available	1:10 PM - 1:50 PM	Not Available	Not Available	Not Available	Not Available
<u>HS2</u> <u>Home School 2</u>	2:00 PM - 2:40 PM	Not Available	2:00 PM - 2:40 PM	Not Available	2:00 PM - 2:40 PM	Not Available	Not Available