

## 2025 Summer SwimAtlanta ROSWELL Practice Schedule

<b>Summer Practice Schedule Starts May 23</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<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]) Coach Andy and Coach Rick	<b>5:45-7:45 AM</b> 1:00-3:00 PM	<b>5:45-7:45 AM</b>	<b>5:45-7:45 AM</b> 1:00-3:00 PM	<b>5:45-7:45 AM</b>	<b>5:45-7:45 AM</b> 1:00-3:00 PM	<b>7:00-9:00 AM</b>
<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]) Coach Andy and Coach Rick	<b>5:45-7:45 AM</b> 1:00-3:00 PM	<b>5:45-7:45 AM</b>	<b>5:45-7:45 AM</b> 1:00-3:00 PM	<b>5:45-7:45 AM</b>	<b>5:45-7:45 AM</b>	<b>7:00-9:00 AM</b>
<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) Coach Rick and Coach Andy	1:00-2:45 PM	None	1:00-2:45 PM	none	<b>6:00-7:45am</b>	<b>7:00-9:00 AM</b>
<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) Coach Rick and Coach Andy	<b>5:45-7:30 AM</b>	<b>5:45-7:30 AM</b>	<b>5:45-7:30 AM</b> 1:00-2:30 PM	<b>5:45-7:30 AM</b>	<b>5:45-7:30 AM</b>	<b>7:00-9:00 AM</b>
<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>PICK AM OR PM</b> Coach Rick	<b>6:30-7:45 AM</b> Or 4:15-5:15 PM	<b>6:30-7:45 AM</b> Or 8:15-9:15 AM	<b>6:30-7:45 AM</b> Or 4:15-5:15 PM	<b>6:30-7:45 AM</b> Or 8:15-9:15 AM	<b>OFF</b>	8:00-9:30 AM
<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) Coach Rick	4:15 – 5:15 PM	8:15-9:15 AM	4:15 – 5:15 PM	8:15-9:15 AM	<b>OFF</b>	8:00-9:15 AM
<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) Coach Rick	4:15 – 5:15 PM	8:15-9:15 AM	4:15 – 5:15 PM	8:15-9:15 AM	<b>OFF</b>	8:15-9:15 AM
<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) Coach Rick	3:45-4:30 PM	9:15-10:00 AM	3:45-4:30 PM	9:15-10:00 AM	<b>OFF</b>	9:15-10:00 AM
<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) Coach Rick	3:45-4:30 PM	9:15-10:00 AM	3:45-4:30 PM	9:15-10:00 AM	<b>OFF</b>	9:15-10:00 AM
<b>Masters:</b> For adults who want to work technique and train for endurance. Billed in 11 monthly instalments. Sept - July.	<b>6:00-7:30 AM</b> OR 12:00-1:00 PM	12:00-1:00 PM	<b>6:00-7:30 AM</b> OR 12:00-1:00 PM	12:00-1:00 PM	<b>6:00-7:30 AM</b> OR 12:00-1:00 PM	none

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