

# DYNAMO 2010-2011 PRACTICE SCHEDULE

## Dynamo Chamblee

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	GROUP DUES
<b>GREEN</b> - Introductory competitive level for swimmers, ages 6-8, who are interested in swimming year round. Emphasis is placed on teaching the fundamentals of the four strokes, starts & turns. Competition is available.	4:40 - 5:30	4:40 - 5:30	4:40 - 5:30	4:40 - 5:30	4:30 - 5:30 5:30 - 6:30		9 monthly installments of \$129
<b>GOLD</b> - Young swimmers who are ready for more advanced stroke techniques. Stroke, start, and turn instruction continues while some interval training is introduced. Generally 9-11 years old.	E 3:40 - 4:40 L 5:30 - 6:30	E 3:40 - 4:40 L 5:30 - 6:30	E 3:40 - 4:40 L 5:30 - 6:30	E 3:40 - 4:40 L 5:30 - 6:30	4:30 - 5:30 5:30 - 6:30		9 monthly installments of \$156
<b>Home School</b> - Young swimmers who are either introductory level (6-8 years old) or ready for more advanced stroke techniques (9-11). Stroke, start, and turn instruction with some interval training is introduced.	2:00 - 3:00	2:00 - 3:00	2:00 - 3:00	2:00 - 3:00	2:00 - 3:00		9 monthly installments of \$115
<b>AG DEV</b> - This group provides an opportunity for swimmers age 11-14 to develop and improve skills and fitness levels. It also provides a forum for those swimmers who wish to maintain their interest and involvement in swimming. Emphasis is on skill development, and competitive experience.	6:00 - 8:00	6:00 - 8:00	6:00 - 8:00	6:00 - 8:00	6:00 - 8:00	8:00-10:00AM	9 monthly installments of \$219
<b>AGE GROUP 3</b> - The first of the progressive age group levels where competitive training is introduced while stroke instruction is still emphasized.	6:15 - 7:45	6:15 - 7:45	6:15 - 7:45	6:15 - 7:45	6:15 - 7:45	9:30-11:30AM	9 monthly installments of \$208
<b>Home School Advanced</b> - The progressive age group level where competitive training is introduced while stroke instruction is still emphasized.	2:00 - 3:30	2:00 - 3:30	2:00 - 3:30	2:00 - 3:30	2:00 - 3:30	9:30-11:30AM	9 monthly installments of \$150
<b>AGE GROUP 2</b> - This group offers the advanced young swimmer and opportunity to improve with an equal emphasis on stroke instruction and training.	6:00 - 8:00	6:00 - 8:00	6:00 - 8:00	6:00 - 8:00	6:00 - 8:00	9:30-11:30AM	9 monthly installments of \$222
<b>AGE GROUP 1</b> - This group is for swimmers who will emphasize serious training in preparing them for high levels of swimming.	5:30 - 8:00	5:30 - 8:00	5:30 - 8:00	5:30 - 8:00	5:30 - 8:00	8:30-11:30AM	9 monthly installments of \$241
<b>SENIOR 3</b> - This group provides an opportunity for swimmers in High School to develop and improve skills and fitness levels necessary to train and compete at the next level. It also provides a forum for those swimming who wish to maintain their interest and involvement in swimming. Emphasis is on skill development, strength building, and competitive experience.	4:00 - 6:15	4:00 - 6:15	4:00 - 6:15	4:00 - 6:15	4:00 - 6:15	7:45-9:45AM	9 monthly installments of \$219
<b>SENIOR 2</b> - Advanced training for serious USA Swimmers to train and compete on a local and regional level.	4:00 - 7:00	4:00 - 7:00	4:00 - 7:00	4:00 - 7:00	4:00 - 7:00	8:30-12:00PM	9 monthly installments of \$257
<b>SENIOR 1</b> - This group is for swimmers with the necessary ability and desire to train and compete on a local, regional, and national level.	3:45 - 6:45	3:45 - 6:45	3:45 - 6:45	3:45 - 6:45	3:45 - 6:45	7:00-10:30AM	9 monthly installments of \$274

**First Day of Practice August 16th**

