



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ALWAYS HERE FOR YOU

DECATUR FAMILY YMCA  
FALL/WINTER PROGRAMS  
2011-2012



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# Decatur Family YMCA

## Ex/Decatur Family YMCA

1100 Clairmont Avenue • Decatur 30030

**404-377-9622**

[ddy.ymcaatlanta.org](http://ddy.ymcaatlanta.org)

### Branch Director

**Bill McKoy**, Executive Director

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**Erin Stuckey**, Membership Systems Admin.

404-371-3304

### Wellness

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404-371-3302; [morganr@ymcaatlanta.org](mailto:morganr@ymcaatlanta.org)

### Childcare Department

**Ilia Tarrance**, Childcare Bookkeeper

404-371-3303

**Mary Baidya**, Play Center Supervisor

404-377-9622; [maryb@ymcaatlanta.org](mailto:maryb@ymcaatlanta.org)

**Rachel Taylor**, Childcare Coordinator

[ddychildcare@ymcaatlanta.org](mailto:ddychildcare@ymcaatlanta.org)

### Gymnastics, Family, Day Camp & Teens

**Kim Castro**, Program Director

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### Sports Department

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### Aquatics

**Beth Costello**, Aquatics Director

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### Volunteer and Rentals

**Janice Mathews**, Volunteer Director

404-371-3309; [janicem@ymcaatlanta.org](mailto:janicem@ymcaatlanta.org)



## A letter from the Director...

Dear YMCA member,

For generations, lives have been rewritten and renewed at the Decatur-DeKalb Family YMCA. For more than forty years, the YMCA has been a host of turning points for people trying to live a little healthier, find a place to belong or train for a triathlon. We target the well-being of young people, families and communities through first class programs and activities.

Many people don't realize the extent of the Y's impact in our community. Just as we provide a variety of services and opportunities to our facility members, we are doing the same for the broader community, often helping families and children in the greatest need.

The Decatur-DeKalb YMCA's community outreach programs range from nurturing young people at our Early Learning Center at College Heights to improving community life by providing food, clothing, transportation and other necessities for newcomers.

As the new year unfolds, we have many reasons to be thankful. We would need a much longer letter to let you know of all of the reasons, so let's just focus on one.

The ability to participate in programs such as swimming, gymnastics and baseball is something we all take for granted. But for 50 DeKalb County elementary school-age children with physical disabilities, Y programs are the first opportunity to play on a team.

We should all be proud of the impact our YMCA has made on some of the greatest challenges facing our diverse community in 2008 and beyond.

On behalf of the volunteers and staff at the Decatur-DeKalb Family YMCA, we wish you the best in 2010.

Regards,

Mac Willett  
Chair, Board of Directors  
Decatur-DeKalb Family YMCA

Bill McKoy  
Executive Director  
Decatur-DeKalb Family YMCA

# Hours & Table of Contents

## Hours of Operation

Monday – Thursday, 5:00 AM – 10:00 PM  
 Friday, 5:00 AM – 9:00 PM  
 Saturday – Sunday, 8:00 AM – 6:00 PM

## Registration Hours

Monday – Friday, 8:00 AM – 8:00 PM  
 Saturday – Sunday, 9:00 AM – 6:00 PM

## Holiday Hours

Labor Day & New Year’s Day, 10:00 AM – 6:00 PM  
 Christmas Eve & New Year’s Eve, 5:00 AM – 2:00 PM

## Thanksgiving, Christmas, MLK & Easter Sunday: Closed

*The membership office, group fitness classes & Play Center will be closed. Wellness Coaches will not be available on these dates.*

## Program Only Membership

You can register for programs as a Member or Program Only Member. Members pay monthly dues and receive both unlimited access to all Metro Atlanta YMCAs and priority registration privileges with discounted rates. Program Only Members pay a yearly registration fee of \$35 for the family plus the program rate per YMCA program.



<b>Decatur-DeKalb YMCA Board of Directors</b>	
Mac Willett, Chairman	Merritt Jordan
Ron Alston	Gloria Kemp
Mark Arnold	John Kelly
Chuck Bosserman	Gloria Kemp
Chad Costley	J. Michael Lane
Chris Culberson	Bill Markert
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<b>Advisory Board</b>	
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Susan McCullan	Caroline Tanner
Gregory Russell	Earle Whittington, III

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## Decatur Family YMCA

1100 Clairmont Avenue  
 Decatur, GA 30030  
 Phone: 404-377-9622  
[ddy.ymcaatlanta.org](http://ddy.ymcaatlanta.org)

# Where Else But the Y?



**BE  
BELONG  
BECOME**

...your best with a YMCA  
facility membership!

**Y**ou belong at the YMCA! We welcome people of all ages, abilities, incomes, backgrounds, faiths and fitness levels. Our YMCA has something for everyone! From group exercise classes for mom, strength training equipment for dad, leadership programs for teens and fun activities for kids, the Y will activate your whole family.

But the Y is more than just a fitness center, pool or gym. When you join, you become part of a world-wide organization that helps members improve their spirit, mind and body, while building a stronger sense of community. We look forward to welcoming you to our Y family!

## rates & fees

*NO CONTRACTS  
& 100% Satisfaction Guaranteed*

	Monthly Dues	Joiner's Fee
<b>Youth (&lt;12)*</b>	\$10	\$0
<b>Teen (13-18)</b>	\$30	\$24
<b>Young Adult (19-24)</b>	\$35	\$69
<b>Adult (25-59)</b>	\$53	\$69
<b>Two Adults (25-59)</b>	\$76	\$99
<b>Family</b>	\$81	\$99
<b>Senior Adult (60+)</b>	\$50	\$69
<b>Senior Family (60+)</b>	\$70	\$99

*\*Youth membership is only available with the purchase of an adult membership.*

*Financial assistance is available based on need. The YMCA seeks to identify & involve those in need.*

**Play. Donate. Volunteer.**  
Join for the impact.

**join us today!**



# Kids & Family

Register online now!

## CHILD CARE PROGRAMS

**Play Center members ages 3 months-12 years:** Free babysitting services are available for facility members while working out in the facility. Designed to serve ages 3 months to 5 years, however, children up to 12 years of age are welcome. 2 hours/day, 8 hours/week limit. Membership I.D. required for children upon entrance to play center.

Monday – Friday, 8:45 am – 1:30 pm • 3:45 – 8:30 pm  
Saturdays, 8:45 am – 1:00 pm • Sundays, 1:00 – 4:00 pm

## AFTER & OUT OF SCHOOL CARE

**Prime Time After School Care 2011-2012 ages 4-12 years:** On-site and at the Y for the City of Decatur (public & private schools). We offer homework time, games, sports, art, character development and more! Participants may pick up a flyer and pre-registration form at all sites. Register from 8:00 am – 5:00 pm. Scholarships available. *Contact, ddychildcare@ymcaatlanta.org.*

**School Sites:** Avondale, Idlewood, McClendon, Laurel Ridge, Rockbridge, City Schools of Decatur (no private/middle schools)

MEM: \$65 a week *Registration \$35*

**On-Site:** We pick up at select elementary schools within the City of Decatur and transport from schools to the Y.

MEM: \$70 a week *Registration \$35*

**Out of School Days ages 5-12 years:** All-day program for children who are out of school during teacher workdays and some holidays. Swimming, games, sports, art and values.

Prime-Time: \$25/day Non-PT: \$30/day

Nov. 1, 21-23, 25 Dec. 19 • Jan. 3

## COMMUNITY ENRICHMENT

**Community CPR & First Aid Classes ages 12+:** This course provides training in adult, child and infant CPR and first aid. Upon scoring 80% or better on the written exam and correctly performing all of the skills, participants will receive CPR and first aid certifications.

Date TBA: Contact Beth Costello, at 404-371-3308 • Fee: \$55

**American Red Cross Blood Drive:** Help save lives – one donation of blood saves as many as three lives.

November 10, 2011: 3:00 – 8:00 pm

January 4, 2012: 3:00 – 8:00 pm

**Service Opportunities:** Look for flyers in the lobby. Projects will be available for outreach, leadership and more!

## FAMILY EVENTS

### Harvest Celebration

Free community event!  
Food, music, face painting, moon jump, costume contest and more. A fun, family night!

Friday, October 28, 5:30 – 8:30 pm



### Santa's Winter Workshop

Come spend the the day with Santa and his elves. Get your photo with Santa while you enjoy snacks, crafts, music and more.

Saturday, November 12,  
10:00 am – 6:00 pm

\$25 per child



## TEENS *Kim Castro, 404-371-3311*

### Pre-Teen & Teen Fit members only ages 8-15:

Learn to master the proper use of strength and cardio equipment. Learn anatomy, exercise science and fitness terminology. Participants may also perform exercise drills and conditioning in the pool. Participants will earn FitPoints for working out. At the end of the session, awards will be given based on amount of FitPoints earned.

**Ages 8-10:** TU/TH, 5:30 – 6:30 pm

Nov. 8 – Dec. 1 • MEM only: \$15

**Ages 11-15:** M/W/F, 5:30 – 6:30 pm

Nov. 7 – Dec. 2 • MEM only: \$25

**Teen Leadership age 12-18:** These clubs are designed to introduce teens to service to others, volunteerism, social interaction and appreciation for diversity through the philosophy of the Y. Leaders will use their unique gifts to serve their community while at the same time developing relationships with other leaders in the club.

**Happy Club ages 18+:** A Y program, developed and maintained by volunteers, that provides young adults with developmental disabilities the opportunity to further develop their social and community skills. *Contact Janice Mathews at 404-371-3309 for more information.*

**Teen Volunteer Opportunities age 12-18:**  
Make a difference in your community.

# Wellness

## GROUP EXERCISE

Members, ages 13 & older, may attend as many group exercise & water exercise classes as they wish, as a benefit of membership. **NO REGISTRATION REQUIRED!** Members ages 9-12 may participate in select group exercise classes when accompanied by a parent or guardian. Schedules are in the lobby or online at [ddy.ymcaatlanta.org](http://ddy.ymcaatlanta.org).

### 90+ Group Exercise Classes/Week!

Land Classes: Group Cycling • Body Pump • Cardio Salsa • Zumba • Sculpt • Pilates • Yoga • Tai Chi • Boot Camp • Core Strength • Step Water Classes: Aerobics • Easy Does It • Chi Splash

## THE COACH APPROACH®

**The COACH APPROACH®, Exercise Support Process** A six-month program free for members ages 18+: YMCA exercise support process designed to teach new or returning exercisers how to start and stick with their personalized exercise program. Learn how to:

- Kick the inactivity habit
- Shape workouts around activities you prefer
- Measure effects of exercise on mood, stress & energy
- Stay on track when your schedule throws you a curve ball!

*Schedule appointment at the Membership Desk to meet with a wellness coach for a series of one-on-one meetings at no additional cost to you!*

## FITNESS EQUIPMENT

**Fitlinxx Orientation** free for members ages 13+: YMCA coaches are available by appointment to answer your fitness-related questions and instruct you on safe usage of our Cybex strength training, free weight and cardio equipment. *Schedule appointments at the Membership Desk.* **free for facility members ages 9-12:** May use select wellness equipment upon meeting the following criteria:

- Manufacturer & safety requirements (60" ht.)
- An orientation must successfully be completed with a parent or guardian present
- Workout only with parental supervision

## MASSAGE

**Massage Therapy:** When life gets stressful, let one of our therapists help you relax.

MEM: \$60/60 minutes or \$40/30 minutes

Chair massages on Tuesdays: MEM: \$1/minute *(15-minute minimum)*



## PERSONAL TRAINING

**Personal Training members only ages 13+:** Individualized strength training, cardio conditioning and weight management. Our trainers will educate and motivate you whether you are beginning an exercise program, breaking through a plateau, defeating boredom in your current routine, or conditioning for a competitive event.

**Appointments only • MEM: \$45 per hour**

**Group Personal Training members only ages 13+:** A great way to meet your fitness goals...Train with friends in a small group setting with a personal trainer. Classes will have a minimum of 4 and a maximum of 8 participants. Once group has been established, sessions will run for 6 weeks. MEM: \$60 for once a week, \$115 for twice a week or \$160 for three times a week

*Sport specific training is available. Registration ongoing. Each participant must contact Morgan Rowe, 404-371-3302 or [morganr@ymcaatlanta.org](mailto:morganr@ymcaatlanta.org). All fees must be paid prior to first training session.*

## WELLNESS EVENTS

**Black Tie/Little Black Dress Challenge** **members only ages 18+:** Get into your best shape ever this holiday season! There will be a celebration party off-site in January where you can dress up and show off your success! November 7 - January 6  
\$150 for 16 specialized training sessions  
\$30 without training  
Look for flyers in the lobby for more info.

**Taylororganic Market:** An organic market experience, right here at the Y.  
The 1st and 3rd Thursdays of the month  
2:00 - 7:00 pm

# Sports & Rec

Register online now!

## BASKETBALL & CHEER *more info: Michaeld@ymcaatlanta.org*

**Youth Basketball** ages 3-18: Uniform included.

**Early Registration: Monday, August 29**

**Late Registration: Sunday, November 12**

**Coed ages 3-4:** Games January 14 - February 18

MEM: \$75 PRO: \$90

**Coed ages 5-8:** Practice starts Nov 28 • Games start Dec 10

No practices of games December 18 - January 2

MEM: \$80 PRO: \$95

**Boys ages 9-18 and Girls age 9-10:**

Practice starts Nov 28 • Games start Dec 10

No practices of games Dec 19 - Jan 2

MEM: \$85 PRO: \$100

**Youth Cheerleading** ages 5-12: Cheer on our basketball teams! Registration and schedule matched the basketball leagues above.

MEM: \$90 PRO: \$105



## INDOOR FUTSOL SOCCER

*more info: KathyF@ymcaatlanta.org*

**Youth Indoor Soccer** ages 4-17: A fastpaced game perfect for the winter months. Includes t-shirt. Age division determined by age as of August, 1, 2011.

**Regular Registration: November 15 - December 15**

**Season: January - February**

**U6** (4-5 years) & **U8** (6-7 years): Saturday mornings/early afternoons

Location: Friends School

MEM: \$60 PRO: 75

**U10** (6-7 years) & **U12** (10-11 years): Saturday mornings/afternoons

Location: Samuel L. Jones Boys & Girl's Club

MEM: \$70 PRO: 85

**U14+** (12-17 years): Sunday afternoons/evenings

Location: Decatur Family YMCA

MEM: \$80 PRO: \$95 Team rates available!



**Volunteers Wanted!** Volunteers are very important to the YMCA and the community it serves. Volunteering not only makes the Decatur-DeKalb YMCA a better place, but it also gives you an opportunity to touch a life, to make new friends, and to personally grow.

- **Happy Club Chaperone/Driver:** Twice a month on weekends we take young adults 18 years and older with disabilities to activities out in the community (Braves game, bowling, movies & dinner, etc.).  
Valentine Dance- Feb. 14, 7:00 - 10:00 pm
- **Gymnastics Assistants:** Help instructors with children, set up and break down gymnastic equipment.
- **Sports Coaches:** Teaching basic skills for sports recreation programs for ages 3 to 18, such as soccer and basketball.
- **Sports Field Monitor:** Assist with field lining, field monitor and office administration.
- **Refugee Program:** Assist with instruction in soccer to children ages 7-16, or help provide snacks for participants.
- **Partner With Youth:** Join other YMCA members by helping us raise money for our Partner With Youth Annual Campaign. Together, we help kids and families participate in Y programs!
- **Beep Baseball:** We need sighted players to assist blind and visually impaired games of baseball!

Contact Janice Mathews at 404-371-3309 or [janicem@ymcaatlanta.org](mailto:janicem@ymcaatlanta.org) for more information.

# Gymnastics

Register online now!

## PRESCHOOL & YOUTH ages 2-8 • 50-minutes

*Our programs offer an introduction to all early gymnastics venues. Specifically designed to enhance body awareness, balance, coordination, core strength and self-confidence.*

**MEM: \$70 PRO: \$100** all sessions are 8 classes • 50 minutes long

**2 year olds boys & girls:** Must be able to be in class without a parent. Child must be able to sit and wait for their turn.

Tuesdays, 9:00 am, 10:00 am, 4:00 pm or 5:00 pm

Thursdays, 4:00 pm or 5:00 pm

Saturdays, 9:00 am, 10:00 am or 11:00 am

### 3-4 year olds boys & girls:

Tuesdays, 9:00 am, 10:00 am or 4:00 pm

Thursdays, 4:00 pm, 5:00 pm or 6:00 pm

Saturdays, 9:00 am, 10:00 am or 11:00 am

### 4-5 year olds boys & girls:

Tuesdays, 4:00 pm or 5:00 pm

Thursdays, 4:00 pm, 5:00 pm or 6:00 pm

Saturdays, 9:00 am, 10:00 am or 11:00 am

### 3-4 year olds boys only: Sweatpants/shorts & t-shirt.

Tuesdays, 4:00 pm or 6:00 pm

Thursdays, 4:00 pm or 5:00 pm

Saturdays, 10:00 am or 11:00 am

### 5-9 year olds boys only: Sweatpants/shorts & t-shirt.

Tuesdays, 4:00 pm

Thursdays, 4:00 pm

Saturdays, 9:00 am, 10:00 am

## ADVANCED PRESCHOOL

**Hot Shots coed ages 3-6:** Advanced preschool gymnastics. Must be pre-approved to attend class. Skills required: basic handstand, cartwheel, bridge and pull over on bars.

Thursdays, 4:00 pm

Saturdays, 9:00 am

**MEM: \$85 PRO: \$110**



## Gymnastics Session Dates

October 15 - December 15

No classes November 21-27

January 14 - March 8

Registration starts November 1

**Session 3:** March 10 - May 10

Registration starts Nov 1 • No classes April 3-7

## PROGRESSIVE GYMNASTICS ages 6-12

*Our Gymnastics program is based on YMCA, and AAU skill evaluations. Students will learn different skills at each level and will build upon them progressively. Children MUST be six to enroll in Progressive class.*

**MEM: \$85 PRO: \$110**



**Girls Progressive 1:** Children who have never taken gymnastics before.

Tuesdays, 4:00 - 5:00 pm or 5:00 - 6:00 pm

Thursdays, 4:00 - 5:00 pm or 6:00 - 7:00 pm

Saturdays, 9:00 - 10:00 am or 11:15 - 12:15 pm

**Girls Progressive 2:** Must be able to do a cartwheel, backward roll, handstand and bridge.

Tuesdays, 4:00 - 5:00 pm or 5:00 - 6:00 pm

Thursdays, 4:00 - 5:00 pm

Saturdays, 9:00 - 10:00 am, 10:10 - 11:10 am or 11:15 am - 12:15 pm

**Girls Progressive 3:** Advanced beginners must be able to do a basic round off, backbend, handstand, forward roll, pull over and casting.

Tuesdays, 5:00 - 6:00 pm

Thursdays, 5:00 - 6:00 pm, 6:00 - 7:00 pm

Saturdays, 10:10 - 11:10 am

# Gymnastics

Register online now!

## COMBO CLASSES

**Gym-n-Swim Combo** coed ages 3-5: This unique program combines 30 mins of gymnastics and 30 mins of pike level swim lessons. Please wear swim suit to class.

Thursdays, 6:00 pm • Saturdays, 8:50 am or 10:00 am  
MEM: \$95 PRO: \$125

**Gym-n-Dance** coed ages 3-5: Dance is a very important part of gymnastics. This class will combine 30 minutes of gymnastics with 30 minutes of beginning ballet. Please wear a leotard and ballet shoes to class.

Tuesdays, 4:00 pm • Thursdays, 4:00 pm or 5:00 pm  
Saturdays, 9:30 am, 11:30 am or 12:00 pm  
MEM: \$95 PRO: \$125

**Dance-n-Swim** coed ages 3-5: This class will combine 30 minutes of dance with 30 minutes pike/eel swimming. Please wear a swim suit to class.

Thursdays, 5:00 pm • Saturdays, 12:00 pm

## YOUTH GYM & DANCE

**Gym & Dance** ages 3-9: Dance is a very important part of gymnastics. This class will combine 30 minutes of gymnastics with 30 minutes of beginning ballet.

**Ages 3-9:** Tuesdays or Thursdays, 4:00 – 5:00 pm  
Thursdays, 5:00 – 6:00 pm  
Saturdays, 9:30 – 10:30 am  
Saturdays, 11:30 – 12:30 pm  
Saturdays, 12:00 – 1:00 pm

**Ages 6-9:** Fridays, 12:00 – 1:00 pm  
MEM: \$95 PRO: \$125

**Ballet:** Will be in either the small or large aerobic room. Please wait outside the small room on the 1st day.

## GYMNASTICS TEAM

**Girls Competitive Gymnastics Team:** A place for girls who work hard and have a drive to be the best gymnast that they can be. This program is a year round commitment for parents and gymnasts. Gymnasts must try out to participate on the gymnastics team.

Tuesdays & Thursdays, 4:30 – 7:30 pm

Contact Kim Castro for more information.



## Session Dates

October 15 – December 15

No classes November 21-27

January 14 – March 8

Registration starts November 1

**Session 3:** March 10 – May 10

Registration starts Nov 1 • No classes April 3-7

## YOUTH BALLET

**Ballet** ages 3-9: This is an introduction to the basic skills and terminology of ballet. Children will be working to develop body awareness, strength, flexibility and an appreciation of the art of ballet. Please wear a leotard and ballet shoes to class.

**Ages 3-5:** TU/TH, 4:00 – 4:45 pm

**Ages 6-9:** Fridays, 4:00 – 4:45 pm

MEM: \$70 PRO: \$100

## YOUTH PERFORMANCES

### Jingle Bell Performances:

December 18 • Registration begins October 16  
Cost: \$20 per child (include gymnastics backpack)

**Gym/Dance:** Tuesday/Thursday class will start in the large aerobic room and end in the gym. Saturday classes will start in the gym and end in the small aerobic room.

# Aquatics

Register online now!

## PARENT/CHILD – 30 minute classes

**Parent/Tot ages 6–36 months:** No skills required. Parent-assisted program designed to build elementary swimming and safety skills. Children progress at their own rate and have fun too! A great way to introduce your child to the water.  
M/W: 11:00 am • SAT: 10:20 am • SUN: 2:10 pm

**2 Much Fun ages 24–36 months:** Children are still with parents but are beginning to learn some independence in the water.  
M/W: 11:00 am • SAT: 10:20 am • SUN: 2:10 pm

## PRESCHOOL ages 3–5 years – 30 minute classes

**Pike (Beginner):** No skills required. Child will learn water readiness, to blow bubbles, to put head under water, proper kicking technique and to become independent of the swim belt.  
M/W: 11:35 am or 4:00 pm • TU/TH: 4:30 pm  
SAT: 9:10 am or 9:45 am or 10:15 am or 10:55 am  
SUN: 2:45 pm

**Eel (Intermediate):** No skills required. Child can float on back and front with assistance, can put face in water and swim with a flotation device. In this class child will learn to bob, fin on back and swim without assistance.  
M/W: 4:00 pm or 4:35 pm • FRI: 4:00 pm  
SAT: 9:10 am or 9:45 am

**Ray (Intermediate/Advanced):** Skills required. Child can swim without flotation belt, glide and float, jump in the water, and swim to the wall. In this class child will learn the front crawl, elementary backstroke & treading water.  
M/W: 4:00 pm or 4:35 pm • FRI: 4:00 pm  
SAT: 9:45 am

**Starfish (Advanced):** Skills required. Child can tread water & swim 25 feet using a modified crawl stroke. In class he/she will learn survival floating, kneeling & sitting dives, & boating safety; learn to coordinate front crawl with rotary breathing while swimming 25 yards.  
M/W: 4:35 pm • FRI: 4:00 pm  
SAT: 9:45 am

*Note: Ray and Starfish are taught together.*



## Sessions & Registration

**Mon/Wed or Tue/Thurs**  
(4 weeks • Twice a week)

**Session: October 24 – Nov 17**  
Registers: September 26

**Session: November 28 – Dec 22**  
Registers: October 26

**Fri/Sat/Sun**  
(8 weeks • Once a week)

**Session: October 21 – Dec 18**  
Registers: September 29

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### Swim Session Fees

Classes: MEM: \$45 PRO: \$90

## PRIVATE LESSONS

**Private Lessons facility members only and on a limited basis:** Contact Brigette Tucker at 404-371-3308 for more information.

Six, 30-minute lessons

Four, 45-minute lessons

Three, 1-hour lessons

# Aquatics

Register online now!

## YOUTH CLASSES ages 6-12 – 45 minute classes

**Polliwog** (Beginner): No skills required. Child will be introduced to the front crawl, front & back floats, putting his/her face in the water, and personal safety skills.

TU/TH: 6:00 pm • SAT: 10:55 am • SUN: 1:30 pm

**Guppy** (Advanced Beginner): Skills required. Child can blow bubbles, put head under water, float, and paddle without assistance. He/she will learn rotary breathing, develop front crawl stroke, sitting dives, survival float for one minute and treading water.

TU/TH: 6:00 pm • FRI: 4:35 pm • SAT: 10:55 am • SUN: 2:05 pm

**Minnow** (Intermediate): Skills required. Child can swim one length of the pool using the crawl stroke, rotary breathing and must perform the survival float for one minute; will learn to build endurance, reinforce the fundamentals of front and back crawl, elementary backstroke, and shallow diving. Rescue and safety skills will be emphasized.

TU/TH: 6:50 pm • FRI: 4:35 pm • SAT: 9:00 am

**Fish** (Advanced Intermediate): Skills required. Child can swim one length of the pool using the front and back crawl stroke and dive. He/she will build endurance in survival floating, treading water and lap swimming. He/she will be introduced to the breast stroke, dolphin kick and lifesaving skills.

TU/TH: 6:50 pm • FRI: 4:00 pm • SAT: 9:00 am

**Flying Fish** (Advanced): Skills required. Child can swim two lengths of the pool using the front crawl, back crawl and breaststroke. He/she can survival float for seven minutes and tread water for three minutes. He/she will learn butterfly, reinforce breaststroke skills, increase endurance, and learn lifesaving skills.

TU/TH: 6:50 pm • FRI: 4:00 pm • SAT: 9:00 am

**Shark** (Advanced): Skills required. Child has excellent front and back crawl and good coordination in breaststroke/butterfly; can survival float for 15 minutes and tread water for 4-minutes; will increase endurance; learn starts, turns, lifesaving, stroke development, surface dives, advanced rescue, personal safety, and first aid.

TU/TH: 6:50 pm • FRI: 4:00 pm • SAT: 9:00 am

**Youth Stroke Clinic:** Build endurance & the perfect stroke.

M/W: 5:10 pm

*Note: Fish/Flying Fish & Ray/Starfish are taught together.*



## Sessions & Registration

### Mon/Wed or Tue/Thurs

(4 weeks • Twice a week)

**Session:** October 24 – Nov 17

Registers: September 26

**Session:** November 28 – Dec 22

Registers: October 26

### Fri/Sat/Sun

(8 weeks • Once a week)

**Session:** October 21 – Dec 18

Registers: September 29

## Swim Session Fees

Classes: MEM: \$45 PRO: \$90

## ADULTS ages 13+ – 45 minute classes

**Adult Beginner/Intermediate:** Designated to develop basic swimming skills for the new participant and to refine skills for the more advanced swimmer.

TU/TH: 7:45 pm • FRI: 6:00 pm

SAT: 10:55 am