

# Swimming

Register online now!

For more information: [FCYAquatics@ymcaatlanta.org](mailto:FCYAquatics@ymcaatlanta.org)

## PARENT/CHILD LESSONS ages 6 mos-3 yrs w/ parent

**Thirty minute classes**, twice a week for 4 weeks or 8 Saturdays. These aquatic programs give parents tools to how to develop their child's abilities, protect them from harm and encourage skills to build self-confidence. Designed for parent/child water fun! All children who have not reached their 4th birthday must wear pool pants, or "little swimmers" with rubber pants while participating in aquatic activities. (Pool pants are available at the Front Desk for purchase). This is a YMCA and Forsyth County Health Department requirement.

Weekday or SAT Sessions: MEM \$57 PRO \$77



### Parent/Tot BEGINNER I - parents and tots ages 6-36 months:

Songs, game playing and blowing bubbles. Water safety, adjustment skills and basic swim movement.

T/TH: 10:00 am • SAT: 9:30 am

### 2 Much Fun BEGINNER II - parents and tots ages 2-4 yrs:

Children who need more of a challenge and who are trying to move independently in the water. Parents review and learn more water safety. Prep for Pike classes.

T/TH: 10:00 am • SAT: 10:10 am

## Aqua Fitness Classes - ongoing classes

**Aqua Zumba:** This one hour class brings the Zumba flavor into the pool. The Zumba formula and fusion of Latin and International Rhythm is what makes it fun. Jump in the pool and see what all of the splashing is about.

**Arthritis Aquatics:** This is a 45 minute class of water aerobics adapted to build joint and muscular strength. Designed for arthritis sufferers of all ages and other joint disease sufferers.

**Power Aqua Tone:** This one hour class offers 15 minutes of stretching and warm-up. 20-25 minutes of cardio aerobics and ends with 20 minutes of cool-down and stress relieving movements.

**Aqua Fit:** Aqua Fit provides you with a great 60 minute cardiovascular workout including warm-up, medium-high impact workout and cool down.

**Senior Mobility:** A series of stretching, mobility, and coordination activities to activities the muscles and elevate coordination and balance.

**Pooltatics:** This is a 60 min full body workout. Structured to improve flexibility, coordination, balance, muscle control, endurance, body alignment, and breathing techniques. Appropriate for all ages/abilities.

View the Swim schedule online: [www.ymcaatlanta.org](http://www.ymcaatlanta.org)

Registration ends: the Wednesday before sessions start!

## SESSION DATES

Registration ends: the Wed before sessions start!

**Weekdays**  
(4 wks • Twice a wk)

**Saturdays**  
(1 wk • 8 wks)

### Spring 1

M/W April 9 - May 2

TU/TH April 10 - May 3

Registration: MEM: Mar 24 PRO: Mar 31

### Spring 2

M/W May 7 - June 1

TU/TH May 8 - May 31

SAT May 5 - June 23

No classes will be held on May 28.

Classes will be moved to Friday, June 1

Registration: MEM: Apr 21 PRO: Apr 28

MEM: Facility Member • PRO: Program Member

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## PRESCHOOL CLASSES ages 3-5 • 30-minutes

The Y is very pleased to offer the National Preschool Swim Program. This program offers children their first experience in the pool without parental assistance. Each level offers instruction in personal growth, stroke development, personal safety, water games, rescue skills and fun. Students are taught aquatic and rescue skills on all levels.

Weekday or SAT Sessions: MEM \$57 PRO \$77



**Pike (Beginner):** No skills required. For new swimmers. Basic paddling/kicking skills, pool safety and learning to put their face in the water while blowing bubbles.

M/W: 10:40 am, 4:10 pm • T/TH: 9:20 am, 12:15 pm, 4:10 pm  
SAT: 10:50 am

**Pike 2 (Advanced Beginner):** Skills required. Blows bubbles, submerges, front and back float with assistance.

M/W: 11:20 am, 5:30 pm • T/TH: 9:20 am, 12:15 pm, 4:50 pm  
SAT: 10:10 am, 11:30 am

**Eel (Intermediate):** Skills required. Can float on front and back with assistance, can swim 5 feet without flotation, can put face into water.

M/W: 10:00 am, 4:50 pm • T/TH: 10:40 am, 12:55 pm, 5:50 pm  
SAT: 10:50 am, 11:50 am

**Ray (Advanced Intermediate):** Skills required. Swims without flotation belt, glides and floats, jumps in water and swims to wall, swims a distance of 15 feet.

M/W: 9:20 am, 6:10 pm • T/TH: 11:30 am, 1:30 pm, 5:10 pm  
SAT: 9:30 am

**Starfish (Advanced):** Skills required. Can swim modified front crawl and elementary backstroke, can tread water.

M/W: 9:20 am, 6:10 pm • T/TH: 11:30 am, 1:30 pm, 5:10 pm  
SAT: 9:30 am



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## YOUTH & ADULT CLASSES ages 6+ • 45-minutes

Weekday or SAT Sessions: MEM \$57 PRO \$77



**Polliwog (Beginner):** No skills required.

M/W: 7:00 pm • T/TH: 5:25 pm • SAT: 9:30 am

**Guppy (Advanced Beginner):** Skills required. Put face in the water, front and back float without assistance; swim a modified front crawl 20 feet.

M/W: 5:20 pm, 6:10 pm • T/TH: 4:30 pm, 6:20 pm  
SAT: 10:05 am, 11:20 am

**Minnow (Intermediate):** Skills required. Swim a rudimentary 25 yard front and back crawl, and jump into the deep end.

M/W: 5:20 pm, 6:10 pm • T/TH: 5:25 pm, 6:20 pm  
SAT: 10:25 am, 11:00 am

**Fish (Advanced Intermediate):** Skills required. One lap each, front, back crawl and elementary back stroke and has been introduced to the breaststroke (may work on open turns and more advanced stroke duration).

M/W: 4:25 pm • T/TH: 6:30 pm • SAT: 11:30 am

**Adult (Beginner):** No skills required.

M/W: 7:00 pm • SAT: 8:45 am

**Adult (Intermediate):** Skills required.

M/W: 7:00 pm • SAT: 9:30 am

## SPECIALITY CLASSES

Weekday or SAT Sessions: MEM \$70 PRO \$90



**Adaptive ages 3-12:** Children with special needs! 2-to-1 ratio.

Monday, Wed by appt only • Email: [FCYAquatics@ymcaatlanta.org](mailto:FCYAquatics@ymcaatlanta.org).

**Stroke Clinic ages 6-14:**

T/TH: 7:15 pm • SAT: 12:35 pm

**Group Adult Swim ages 14+:** Whether you are interested in competition or just getting in shape, we can help you with your stroke. Swimming with other people led by a trained coach will help you stay motivated. Improve your endurance and stroke technique.

M/W/F 5:45 am – 6:45 am • September 12 – November 4  
MEM: \$45 PRO: \$65



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