

Aquatics

Register online now!

PARENT/CHILD ages 6 months–3 years 30 minutes.

Parent/Tot ages 6 months – 3 years: No skills required. Parent- assisted program designed to build elementary swimming and safety skills.

M/W or T/TH: 4:30 pm, 6:00 pm

SAT: 10:00 am

Preschool Lessons ages 3–5 years 30 minutes.

Pike (Beginner I): No skills required. Must be ready for group setting without parent.

M/W or T/TH: 4:30 pm, 6:00 pm

SAT: 10:00 am

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

M/W or T/TH: 4:30 pm, 6:00 pm

SAT: 10:00 am

Ray (Intermediate/Advanced): Child can swim without flotation belt, glide and float, jump in the water, and swim to the wall. *Note: Ray and Starfish are taught together.

M/W or T/TH: 4:30 pm, 6:00 pm

SAT: 10:00 am

Starfish (Advanced): Child can tread water & swim 25 feet using a modified crawl stroke.

M/W or T/TH: 4:30 pm, 6:00 pm

SAT: 10:00 am

PRIVATE LESSONS

Private Swim: members only ages 3+: Students receive 4 one-on-one half-hour lessons with a certified swim instructor on a monthly basis. Please fill out a registration form and an instructor will contact you as soon as one becomes available.

Private lessons: \$120 • Semi-private lessons: \$80 each

Pool Buddies \$65 per child (4, 30-min. classes) *min 3 kids!

Adaptive Swim: Private and group lessons for both children and adults adapted to fit the needs, gifts and limitations of each student. More info: michaell@ymcaatlanta.org



SESSION DATES

Mon/Wed or Tue/Thurs Classes
Four weeks • Two days a week

January 3 – January 26

January 30 – February 23

February 27 – March 22

March 26 – April 26

(No classes week of April 2)

April 30 – May 23

Saturdays

January 7 – January 28

February 4 – February 25

March 3 – March 24

March 31 – April 28

(No classes April 7)

May 5 – May 26

SWIM SESSION FEES

Weekdays: MEM: \$65 PRO: \$85

Saturdays: MEM: \$45 PRO: \$55

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YOUTH SWIM LESSONS ages 6-12 45 min

Polliwog (Beginner): No skills required.

M/W or T/TH: 5:15 pm, 6:30 pm • SAT: 10:30 am

Guppy (Advanced Beginner): Completed skills required for Polliwog II plus front paddle with eyes in water, back paddle and side paddle 20 yards.

M/W or T/TH: 5:15 pm, 6:30 pm • SAT: 10:30 am

Minnow (Intermediate): Completed skills required for Guppy plus swim 25 yards nonstop performing freestyle with side breathing, side kick and backstroke.

M/W or T/TH: 5:15 pm, 6:30 pm • SAT: 11:15 am

Fish (Advanced): Completed skills required for Minnow plus swim 50 yards nonstop freestyle, backstroke, sidestroke, elementary backstroke and know breaststroke.

Flying Fish/Shark (Advanced): Completed skills required for Fish plus perform multiple laps of freestyle, backstroke, breaststroke, sidestroke and has been introduced to the butterfly. *See times for Flying Fish/Shark!

M/W or T/TH: 6:30 pm • SAT: 11:15 am

*Fish and Flying Fish/Shark are taught together!

ADULT

Adult: T/TH: 7:15 pm • SAT: 11:15 am

SWIM TEAM Registration starts in July

Fowler Fin Swim Team: Participants will learn about all aspects of competitive swimming, will work hard and have fun improving their strokes. Additional information is available on the web at www.fowlerfins.swim-team.us.

January 2 - February 19

MEM: \$125 PRO: \$180 for 2 month session

MEM: \$375 PRO: \$540 for full season

CPR AND FIRST AID

CPR/AED & First Aid:

Jan 14: Saturday, CPR, 9 am - 12 pm • First Aid, 1 - 4:30 pm

Feb 21/23: Tues, CPR 6 - 9:00 pm • Thurs, First Aid, 6 - 9:30 pm

March 17: Saturday, CPR, 9 am - 12 pm • First Aid, 1 - 4:30 pm

Apr 12/19: Tues, CPR, 6 - 9:00 pm • Thurs, First Aid, 6 - 9:30 pm

March 17: Saturday, CPR, 9 am - 12 pm • First Aid, 1 - 4:30 pm

MEM: \$55 PRO: \$55 Non-MEM: \$65



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STROKE CLINIC

Stroke Clinic: An in-depth clinic working on all 4 competitive strokes including starts and turns. Improve your technique before summer swim team. Must be able to swim 25 yards.

March 5 - March 29 • April 9 - May 4

5-8 yrs: M/W or T/Th, 4:15 - 5:00 pm

9 & up M/W or T/Th, 5:15 - 6:00 pm

MEM: \$75 PRO: \$85