

# Aquatics

Register online now!

## ASHI CPR CLASSES

**Community CPR/AED with Optional First Aid:** Includes CPR/AED and obstructive airway for infant, child/adult.

### CPR/AED only:

Thursday, June 7 or Tuesday, August 21: 6:00 – 9:00 pm

Saturday, July 14: 9:00 am – 11:00 pm

MEM: \$45 PRO: \$65

### CPR/AED + First Aid:

Saturdays, 9:00 am – 6:00 pm: July 14

MEM: \$55 PRO: \$75

**CPR for the professional rescuer:** Includes Oxygen Administration, CPR/AED, rescue breathing, and obstructive airway for infant/child/adult. \*Required for lifeguards, swim instructors, water fitness instructors, YASA participants, and health care providers.

Saturday, August 18: 9:00 am – 3:00 pm

Monday, May 21 or June 11: 1:00 – 6:00 pm

MEM: \$60 PRO: \$80

## PROFESSIONAL TRAINING

**Y Lifeguard Training ages 16+:** Able to swim 500 yards (including 100 yards each of sidestroke, front crawl, breaststroke, sidestroke kick with one arm forward, and inverted breaststroke kick with arms on stomach) / Tread water for 2 minutes with legs only. Students will learn Lifeguarding skills, First Aid and CPR/AED for the Professional Rescuer and Oxygen Administration in this class. Certification in this course is intended for Lifeguards who are seeking potential employment with Water Parks, Lake Fronts, Beaches, both Indoor & Outdoor facilities. Certification valid for 2 years.

May 21-25: Monday-Friday 9:00 am – 5:00 pm

June 11-22: Monday-Friday 6:00 – 9:30 pm

Aug 17-26 (2 weekends): Fri, 5-9pm • Sat, 9-6pm • Sun, 12-6pm

**Y Aquatic Safety Assistant (YASA) ages 14+:** Able to swim 100 yards of any stroke and tread water for 2 minutes. Students will learn basic water safety skills. First Aid and CPR/AED for the Professional Rescuer and Oxygen Administration are required before the first day of class offered complimentary for those signing up for YASA. Certification valid for 2 years.

Saturdays, 9:00 am – 6:00 pm and Sundays, 12:00 – 6:00 pm

October 13-14

MEM: \$80 PRO: \$80

CPR/1<sup>st</sup> Aid is a complimentary class we will give those signing up for YASA.



## WATER EXERCISE CLASSES

**Water Stretch & Flex Classes adults of all ages:** Ongoing classes for those seeking to improve or enhance flexibility, strength, range of motion, balance and endurance.

MEM: Free PRO: \$60/8 classes

**Water Fibro Classes adults of all ages:** An aerobic program designed for persons with fibromyalgia as well as those who want an interval workout. This class may help improve stamina and muscle strength. It may also relieve pain and stiffness.

MEM: Free PRO: \$60/8 classes

### Other water classes include...

Water Cardio Conditioning • Water Pilates & Yoga • Water Cycle • Senior Water Fitness Prenatal Water Combo

## SENIOR OPEN SWIM

**City of Alpharetta Senior Indoor Open Swim COA residents ages 60+:** Alpharetta residents age 60+ may use the indoor aquatics facilities free of charge during COA pool time. Stop by the Registration Desk to receive a card to use the pool.

Tuedays & Thursdays, 11:45 – 1:00 pm

## MASTERS SWIM

**Masters Swim ages 18+, free for facility members:** All skill levels invited and encouraged to participate.

MON/TU/TH, 6:00 – 7:30 am