

# Swim Lessons

Register online now!

## PARENT/CHILD children ages 6-36 months

**Tot:** This class is not intended to teach children to swim. Games, songs and water movements are introduced.

SAT: 10:00 am

## PRESCHOOL children ages 3-5 years

**Pike-Beginner:** Bubble blowing, front and back float with support, submerging head independently in water with flotation. Swim 5 yards without assistance.

**Eel-Intermediate:** Swims independently 15 yards to the instructor and back to wall. Learn strokes and breathing.

M-TH: 9:00 am, 10:00 am, 11:00 am,  
4:30 pm, 5:30 pm, 6:30 pm

SAT (Sessions 19 & 20): 9:00 am, 10:00 am, 11:00 am

### Pike & Eel- Combined:

M/W: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm

T/TH: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm

SAT: 9:00 am, 10:00 am, 11:00 am, 12:00 pm

SUN: 1:30 pm (sessions 24 & 25 only), 2:30 pm, 3:30 pm

**Ray-Advanced:** Build endurance and learn to tread water.

**Starfish-Advanced:** Children who can perform front and back crawl with no assistance. Refine stroke and skills.

M-TH: 6:30 pm • SAT: 11:00 am

## YOUTH ages 6-12

**Polliwog-Beginner:** 20 feet without flotation.

**Guppy-Advanced Beginner:** 25 yards front & back crawl.

M-TH: 9:00 am, 10:00 am, 11:00 am,

4:30 pm, 5:30 pm, 6:30 pm (session 10 only)

SAT: 9:00 am, 10:00 am

### Polliwog & Guppy- Combined:

M/W: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm

T/TH: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm

SAT: 9:00 am, 10:00 am, 12:00 pm

SUN: 1:30 pm, 2:30 pm

**Minnow-Intermediate & Shark-Advanced:** There are 4 levels total (Minnow, Fish, Fly Fish, Shark). Swim 25 - 100 yards of each stroke (depending on level).

M-TH: 11:00 am, 6:30 pm • T/TH: 6:30 pm • SAT: 11:00 am



## SUMMER WEEKDAY SESSIONS

### Monday – Thursday • 4 days/week

All Sessions: MEM: \$70 PRO: \$85

Session 10: May 14 – 25\*

Session 11: June 4 – 14

Session 12: June 18 – 29

Session 13: July 2 – 12

Session 14: July 16 – 27



## FALL WEEKDAY SESSIONS

### M/W or T/TH • 2 days/week

Sessions 15-16: MEM: \$52.50 PRO: \$63.75

Sessions: 17-18: MEM: \$70 PRO: \$85

Session 15: August 13 – 30

Session 16: Sept. 10 – Oct. 12

Session 17: Oct. 22 – Nov. 16

Session 18: Nov. 26 – Dec. 21

## WEEKEND SESSIONS

### Saturdays • 1 day/week

Sessions 19-21: MEM: \$52.50 PRO: \$63.75

Sessions: 22-23: MEM: \$35 PRO: \$42.50

Session 19: June 2 – July 7

Session 20: July 21 – Aug. 25

Session 21: Sept. 8 – Oct. 13

Session 22: Oct. 27 – Nov. 17

Session 23: Dec. 12 – Dec. 22



### Sundays • 1 day/week

All Sessions: MEM: \$52.50 PRO: \$63.75

Session 24: June 5 – July 8

Session 25: July 22 – Aug. 26

Session 26: Sept. 9 – Oct. 14

Questions? Contact Brenda Arambula at 770-345-9622 X4567 or [brendaa@ymcaatlanta.org](mailto:brendaa@ymcaatlanta.org)

## ADULTS ages 13+

**Adult:** Beginners learning to swim.

M-TH: 4:30 pm, 5:30 pm • M/W: 5:30 pm

SAT: 9:00 am

# Aquatics

Register online now!

## SENIORS

### Aqua Gold Water Group Exercise Class:

Tuesdays & Thursdays, 1:00 pm - 1:50 pm

**Golden Hours:** City of Canton seniors age 60+ may use the indoor pool facilities and indoor track at no charge. Stop by the registration desk for a golden hours card. For more information, contact Nicole Lawson at 678-880-3501 or nicoleL@ymacatlanta.org.

Tuesdays & Thursdays, 1:00 pm - 3:00 pm

## COMMUNITY CLASSES

### CPR & AED:

Wednesday, May 2, 1:00 - 6:00 pm

Saturday, July 14, 1:00 - 6:00 pm

Wednesday, August 8, 1:00 - 6:00 pm

Sunday, October 7, 1:00 - 6:00 pm

Friday, November 2, 2:00 - 7:00 pm

MEM: \$40 PRO: \$55

### Community First Aid: 2:00 - 6:00 pm

May 12, August 12 & October 6

MEM: \$40 PRO: \$55

**Questions? Contact Peggy Donaldson at 678-880-3513 or peggyd@ymcaatlanta.org**



### Lifeguard Classes:

Red Cross: June 2-6 & Sept. 17-22

YMCA: May 11-20 & October 12-21

MEM: \$210 PRO: \$260

Call 678-880-3513 for times and pre-requisites.

### Basic Water Safety:

June 29, 2:00 - 6:00 pm

MEM: \$45 PRO: \$55



## SWIM TEAM

### Swim Team Development ages 5-14:

This class is for swimmers who have been on a swim team or are preparing to be on a swim team. The focus will be on the four competitive strokes as well as turns and dives. Swimmers must be able to swim one length of the the pool.

M/W: 4:30 pm, 6:30 pm

T/TH: 4:30 pm, 5:30 pm

Ages 5-10: 4:30 pm

Ages 6-14: 5:30 pm

Ages 8-14: 6:30 pm