

Aquatics

Register online now!

PARENT/CHILD ages 6-36 months

Parent/Tot ages 6-24 months: Parent-assisted program designed to increase comfort in the water through games, songs and water movements.

M-TH: 9:45 am • M/W: 6:00 pm • SAT: 8:30 am, 10:15 am, 11:40 am

Swim n Gym ages 6-36 months: Parent-assisted. Students will learn paddling & kicking skills in pool and in the gym conditioning exercises, working on large and small motor skills.

SAT: Gym at 9:00 am & Pool at 9:40 am

Pike with Parent ages 24-36 months: Parent-assisted. Students will learn paddling, kicking on front & back, jumping in & returning to side, bubble blowing.

SAT: 9:40 am, 11:05 am • SUN: 1:30 pm

PRE-SCHOOL ages 3-5 years

Pike (Beginner): Students will learn bubble blowing, putting face in water, kicking, paddling to/from wall with aid of flotation.

M-TH: 9:15 am, 12:00 & 3:00 pm • M/W/ or T/TH: 6:00 pm

SAT: 8:30 am, 9:05 am, 9:40 am, 11:30 am • SUN: 2:00 pm, 3:00 pm

Eel (Intermediate): Students will learn to swim independently w/breathing, jumping in & returning to wall, front & back float w/assistance.

M-TH: 9:15 am, 12:00 & 3:00 pm • M/W or T/TH: 6:00 pm

SAT: 9:05 am, 10:15 am, 11:40 am • SUN: 2:30 pm

Ray (Advanced): Students will learn to build endurance on front & back stroke & to tread water.

M-TH: 10:15 am, 12:30 & 3:00 pm • T/TH: 6:00 pm

SAT: 9:05 am, 11:00 am

Starfish (Advanced): Students will learn rotary breathing, kneeling/standing, dives/refine stroke/skills, and breast stroke.

M-TH: 10:15 am, 12:30, 3:00 pm • T/TH: 6:00 pm

SAT: 9:05 am, 11:00 am

QUESTIONS? dianab@ymcaatlanta.org



SWIM SESSION DATES

Summer Weekday Monday through Thursday

2-week sessions • 4 days a week

June 4 – June 14

Register... MEM: April 14 • PRO: April 21

June 17 – June 28

Register... MEM: April 14 • PRO: April 21

No classes July 2 – 6

July 9 – July 19

Register... MEM: May 19 • PRO: May 26

July 23 – August 3

Register... MEM: May 19 • PRO: May 26

August 6 – August 16

Register... MEM: June 16 • PRO: June 23

Summer Evenings M/W or T/TH

4-week sessions • 2 days a week

June 4 – June 29

Register... MEM: April 14 • PRO: April 21

No classes July 2 – 6

July 9 – August 2

Register... MEM: May 19 • PRO: May 26

August 9 – August 30

Register... MEM: June 16 • PRO: June 23

Saturday/Sunday Classes

6-week sessions • 1 day a week

April 14 – May 19

Register... MEM: Feb 11 • PRO: Feb 18

June 2 – July 14 (No classes July 7)

Register... MEM: April 14 • PRO: April 21

July 21 – August 25

Register... MEM: May 19 • PRO: May 26

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Pricing for Preschool – Adult Swim Lessons



Weekdays (8 lessons):	MEM: \$70	PRO: \$95
Saturday (6 lessons):	MEM: \$60	PRO: \$85
Sunday (6 lessons):	MEM: \$60	PRO: \$85
Swim & Gym (6 lessons):	MEM: \$105	PRO: \$125

YOUTH ages 6-12

Polliwog (Beginner): No Skills Required! Learn front crawl, front/back float, putting face in water, personal/boat safety.

M-TH: 3:30 pm • T/TH: 6:30 pm • SAT: 11:00 am
SUN: 12:45 pm

Guppy (Advanced Beginner): Students will learn to swim 25 yards, front crawl w/ rotary breathing & back w/ out assistance, tread water, kneeling dive.

M-TH: 3:30 pm • T/TH: 6:30 pm • SAT: 10:15 am
SUN: 12:45 pm

Minnow (Intermediate): Students will learn endurance, breast stroke, elementary back stroke standing dive.

M-TH: 3:30 pm • T/TH: 6:30 pm • SAT: 10:15 am

Fish (Advanced Intermediate): Students will learn endurance on front & back, breast stroke, sidestroke, open turns, survival float, standing dive.

M-TH: 4:15 pm • T/TH: 7:15 pm • SAT: 12:15 pm

Fly Fish (Advanced): Students will learn bilateral breathing, inverted scissors on side, intro to butterfly & flip turns; survival float 7 minutes; tread water 3 minutes.

M-TH: 4:15 pm • T/TH: 7:15 pm • SAT: 12:15 pm

Shark (Advanced): Students will learn to swim 50 yards of front & back crawl, breaststroke, butterfly & swim underwater. Lifesaving skills & surface dives.

M-TH: 4:15 pm • T/TH: 7:15 pm • SAT: 12:15 pm

QUESTIONS? dianab@ymcaatlanta.org.



ADULT ages 13+

Adult (Beginner): Learn to be comfortable in the water, breathing control, floating, basic stroke techniques.

T/TH: 7:15 pm
SAT: 12:15 pm & 1:00 pm (intermediate)

Y Tri (Refinement): Triathlon training for endurance.

M/W 6:30 pm

PRIVATE LESSONS facility members only

Cost includes 3-hour block of time (your choice of three 1-hour, six 30-minute or four 45-minute lessons). Stop by the front desk to pick up your Private Swim lesson request. Please allow 10 days processing time once request form is submitted.

Private Lessons: \$150

Semi-private Lessons: \$115/person

Wee-three private lessons: \$90/person