

Aquatics

Outdoor Pool Open: May 28 – Sept 3

Register online now!

(For those viewing online)

Welcome to the Y's Swim Program. Our goal is to offer quality swim instruction in an environment that is safe, clean and fun. We have trained, qualified and dedicated instructors whose responsibilities include teaching swim skills and providing opportunities for each child to develop mentally, physically and spiritually. Swimming is an individual activity and each child will progress according to his or her own ability.

PARENT-CHILD LESSONS 30 minutes • age 6-36 months

SUMMER

M-TH: 9:15 am – 5:00 pm (check with registration for scheduling)

SAT: 11:15 am, 12:45 pm

FALL

M/W: 10:15 am, 4:30 pm • SAT: 11:15 am, 12:45 pm

***Parent/Child ages 6-36 months with a parent:** This 30-minute class encourages the child's independence in water with parent assistance, emphasizes basic aquatic safety and provides a positive learning environment.

***Two Much Fun ages 2-3 years with a parent:** This 30-minute, parent-assisted class, children will be taken through the same curriculum as the Pike 1 preschool level, with a parent in the water to assist with instruction.

PRESCHOOL LESSONS 30 minutes • age 3-5 years

SUMMER

M-TH: 9:15 am – 5:00 pm (check with registration for scheduling)

M/W: 6:00 pm • SAT: 9:30 am, 10:45 pm

SUN: 1:30 pm, 2:00 pm

FALL

M/W: 4:00 pm, 4:30 pm • SAT: 9:30 am, 10:45 pm

SUN: 1:30 pm, 2:00 pm

Beginner (Pike I): Water readiness. No skills required.

Advanced Beginner (Pike II): Can blow bubbles, submerge, front and back float with assistance.

Intermediate (Eel): Can float on back and front with assistance, puts face in water and swims 5 ft. without flotation.

Advanced (Ray/Starfish): Swims without flotation belt, glides and floats, jumps in water and swims to wall.



SESSION DATES



Mondays-Thursdays (8 classes)

Session: May 29-31 – June 1, 4-7

Session: June 11 – June 21

Session: June 25 – July 6 (no class July 4)

Session: July 9 – July 19

Session: July 23 – Aug 2

Mondays/Wednesdays (7 or 8 classes)

Session: May 30 – June 20 (7)

Session: June 25 – July 18 (7)
(no class July 4)

Session: July 23 – Aug 15 (8)

Tuesdays/Thursdays (8 classes)

Session: May 29 – June 21

Session: June 26 – July 19

Session: July 24 – Aug 16

Saturdays (4 classes)

Session: May 12 – June 9 (no class May 26)

Session: June 16 – July 7

Session: July 14 – Aug 4

Sundays (4 classes)

Session: May 20 – June 24
(no class May 27 or June 17)

Session: July 1 – July 22

Session: July 29 – Aug 19

FEES

8 Classes: MEM: \$70 PRO: \$90

7 Classes: MEM: \$63 PRO: \$77

4 Classes: MEM: \$36 PRO: \$44

Aquatics

Outdoor Pool Open: May 28 – Sept 3

Register online now!

(For those viewing online)

YOUTH LESSONS 45 minutes • ages 6-12

SUMMER

M-TH: 9:15 am – 5:00 pm (check with registration for scheduling)

M/W: 6:30 pm • T/TH: 6:00 pm

SAT: 10:00 am, 11:15 am, 12:00 pm • SUN: 2:30 pm, 3:15 pm

FALL

SAT: 10:00 am, 11:15 am, 12:00 pm

Beginner (Polliwog): No skills required!

Advanced Beginner (Guppy): Put face in water, float and paddle without assistance.

Intermediate (Minnow): Swims one length (25 yards) of the pool front crawl with rotary breathing and backstroke and survival float for one minute.

Advanced Intermediate (Fish): Excellent front crawl and backstroke, coordination in breaststroke and butterfly, survival float for 15 minutes, tread for 4 minutes.

Advanced (Fly Fish/Shark): Excellent front crawl and backstroke, coordination in breaststroke and butterfly, survival float for 15 minutes, tread for 4 minutes.

Stroke Clinic ages 6+: 45-minute class to refine basic swimming strokes. Must be able to swim one length of freestyle and one length of backstroke prior to this class.
SAT: 12:45 pm Outdoors, M-TH: 9:15 am (starting June 11)

TEEN & ADULT LESSONS

Adult ages 13+: No skills required. 45-minute classes with a minimum number of four participants. Taken at a slow pace, participants will learn to overcome fears in a safe and supportive environment. Participants will learn rudimentary front and back crawl strokes, front and back floats, treading water and proper breathing techniques.

M-TH: 2:00 pm • M/W: 10:45 am • T/TH: 6:45 pm

SAT: 12:00 pm



SESSION DATES



Mondays-Thursdays (8 classes)

Session: May 29-31 – June 1, 4-7

Session: June 11 – June 21

Session: June 25 – July 6 (no class July 4)

Session: July 9 – July 19

Session: July 23 – Aug 2

Mondays/Wednesdays (7 or 8 classes)

Session: May 30 – June 20 (7)

Session: June 25 – July 18 (7)
(no class July 4)

Session: July 23 – Aug 15 (8)

Tuesdays/Thursdays (8 classes)

Session: May 29 – June 21

Session: June 26 – July 19

Session: July 24 – Aug 16

Saturdays (4 classes)

Session: May 12 – June 9 (no class May 26)

Session: June 16 – July 7

Session: July 14 – Aug 4

Sundays (4 classes)

Session: May 20 – June 24
(no class May 27 or June 17)

Session: July 1 – July 22

Session: July 29 – Aug 19

FEES

8 Classes: MEM: \$70 PRO: \$90

7 Classes: MEM: \$63 PRO: \$77

4 Classes: MEM: \$36 PRO: \$44

Aquatics

Outdoor Pool Open: May 28 – Sept 3

Register online now!

(For those viewing online)

PRIVATE SWIM LESSONS

Private Swim Lessons members only ages 3+: Students receive 6 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: \$130 Semi-private lessons: \$95 each
Pool Buddies \$65 per child (4, 30-min. classes) *min 3 kids!

LIFEGUARDING

Lifeguarding Classes ages 16+: Participants need to be able to swim 500 yards without stopping, including the front crawl, breaststroke and backstroke with inverted breaststroke kick. Students must be on time and attend every class meeting for successful course completion, including CPR for the Professional Rescuer, AED, Oxygen Provider and First Aid Certification classes. Once registered E-Learnings for CPRO, Oxygen and First Aid will be sent to you. Print out each certificate and bring with you to the first day of class.

Tuesday – Thursday, Oct 2 – 25, 6:00 – 9:00 pm

MEM: \$200 PRO: \$250



SUMMER STROKE CLINICS

Summer Stroke Clinics Outdoor Pool: One week focus on freestyle and backstroke. The next week focus on breaststroke and fly.

Monday – Thursday 9:15 am – 10:00 am

Session Dates: June 11 – 21, June 25 – July 6 (no class July 4)

July 9 – 19, July 23-Aug 2

POOL & PLAY

Pool & Play ages 7+: The pool party includes 1 hour in the pool with a lifeguard and use of the Youth and Teen Center for coordinating the festivities. Call Chip: 770-513-5948.

Saturdays, 1:15 – 3:15 pm & 3:30 – 5:30 pm

\$120 for 15 or less; \$7/person for 16+



SWIM TEAM

Blue Dolphins Swim Team: Our team is part of the Metro Atlanta YMCA Swim League. No practices week of Spring Break (April 4 – 8). Swimmers, 10 years of age and under, wishing to join the team must be able to perform 1 length freestyle and 1 length backstroke. Swimmers, ages 11–18, must be able to perform 1 length freestyle, backstroke and breaststroke. Info Packets will be handed out at the Parent's meeting.

No practices Spring Break (April 8 – 12)

1. Aug 7 – Oct 5 No practices Sept 3 – Labor Day
2. Oct 9 – Dec 7 No practices Nov 19 – 23
3. Jan 8 – Feb 22 (2013) (mini 7)
4. Mar 5 – May 10 No practices April 8-12

Parent Meetings:

Aug 7, Oct 9 and Jan 8 in Classroom A

4:30 – 5:00: Practice for 6 and unders, beginning 8 and unders and beginning 9–10. (stroke development.)

5:00 – 5:45: Practice for advanced 8 and unders, advanced 9–10 and beginning 11–12. (stroke development/endurance)

5:45 – 6:45: practice for 13–14, 15–up and all other age groups with coach approval. (this practice will focus on stroke fine-tuning, endurance and interval training.)

Sessions 1, 2, 4: MEM: \$107 PRO: \$132

Session 3: MEM: \$84 PRO: \$105