



**Weekday Session:                      Registration Deadline**

Aug. 31 - Sept. 28                      August 27th  
*Due to Labor Day Holiday, Monday Class Sept. 7th will be made up on September 28th*

October 5 - 29                      October 1st  
 \*November 2 -12                      October 29th  
 \*December 7 - 17                      December 3rd

*\*Mini Weekday sessions classes are held Monday thru Thursday, consecutively for two weeks.*

**Saturday Sessions                      Registration Deadline**

September 5 - 26                      September 3rd  
 October 3 - 24                      October 1st  
 November 7 -21                      November 5th

**Make Up Swim Lesson Schedule**

*Due to the Thanksgiving holiday, there will be no Saturday class Nov. 28th. The make up class will be held Friday, Nov. 20th.*

Parent-Tot: 6:00 - 6:30 pm  
 Pike, Eel, Ray & Starfish: 6:00 - 6:30 pm  
 Polliwog, Guppy & Minnow: 6:35 - 7:20 pm  
 Fish, Flying Fish & Shark: 7:25 - 8:10 pm  
 Adult Beginner/Intermediate: 7:25 - 8:10 pm

*Due to the Christmas holiday, there will be no Saturday class Dec. 26th. The make up class will be held Friday, Dec. 18th.*

Parent-Tot: 6:00 - 6:30 pm  
 Pike, Eel, Ray & Starfish: 6:00 - 6:30 pm  
 Polliwog, Guppy & Minnow: 6:35 - 7:20 pm  
 Fish, Flying Fish & Shark: 7:25 - 8:10 pm  
 Adult Beginner/Intermediate: 7:25 - 8:10 pm

*Note: Make up Lessons can not be rescheduled.*

**East Lake Family YMCA**  
**275 East Lake Blvd.**  
**Atlanta, GA 30317**  
**(404) 373-6561**

# Adult Swim Lessons

**Beginner: No skills required**

Become comfortable in water, learn breath control, floating, basic stroke techniques.

**Ages 13 years - Adult**

**[Monday - Wednesday]**    **[Tuesday - Thursday]**                      **[Saturday]**  
 7:25 - 8:10 pm                      7:25 - 8:10 pm                      11:45 am - 12:30 pm

**Intermediate: Skills required**

Comfortable in the water, basic breath control, able to submerge, some locomotion in water. **In class:** continue to work on breath control, refine basic stroke technique, begin to develop endurance.

**Ages 13 years - Adult**

**[Monday - Wednesday]**    **[Tuesday - Thursday]**                      **[Saturday]**  
 7:25 - 8:10 pm                      7:25 - 8:10 pm                      11:45 am - 12:30 pm

**Advance: Skills required**

Comfortable in the water, basic breath control, able to submerge, some locomotion in water. **In class:** continue to work on breath control, refine basic stroke technique, begin to develop endurance.

**Ages 13 years - Adult**

**[Monday - Wednesday]**    **[Tuesday - Thursday]**                      **[Saturday]**  
 7:25 - 8:10 pm                      7:25 - 8:10 pm                      11:45 am - 12:30 pm

## On-going Water Fitness

**Water Aerobics:** Use the water's resistance for an aerobic and toning workout without impact. *Participation in the water fitness classes requires a facility membership.*

**Senior Water Aerobics**

**Monday, Wednesday & Friday**  
 8:00 - 9:00 am & 9:00-10:00 am

**Tuesday & Thursday**  
 8:00-9:00 am & 9:00-10:00 am

**Evening Water Aerobics**

**Monday thru Thursday**  
 6:30 - 7:30 pm

**Saturday**  
 1:30 - 2:30 pm

[8 Lessons]	<b>(F)acility Member</b>	<b>*(P)rogram Only</b>	<b>After Registration Deadline Date</b>
<b>Weekday</b>	\$45	\$90	(F) \$55 (P) \$100

[4 Lessons]			
<b>Saturday</b>	\$25	\$50	(F) \$35 (P) \$60

*(Members Only) - Private and semi-Private lessons will be scheduled at the convenience of the member and the availability of the pool.*

**Private**                      \$100 [3 hours total] 1 to 1 schedule with teacher  
**Semi-Private**            \$160 [3 hours total] at least 2 in a class, \$80.00 per student

*\*\$25 individual Program Membership fee, \$35 Family Program Membership fee  
 No refund for unattended classes.*