



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

Youth Swim Lessons

Polliwog: No skills required

Will be introduced to the front crawl, front and back floats, putting face in water and personal safety skills.

Ages 6-12 years

[Monday - Wednesday]
6:35 - 7:20 pm

[Tuesday - Thursday]
6:35 - 7:20 pm

[Saturday]
10:15 - 11:00 am

Guppy: Skills required

Blow bubbles, put face in water, float on front and back and paddle 15 feet without assistance. **In class:** will learn to tread water, rudimentary 25 yards front and back crawl, jump into deep end, kneeling dive.

[Monday - Wednesday]
6:35 - 7:20 pm

[Tuesday - Thursday]
6:35 - 7:20 pm

[Saturday]
10:15 - 11:00 am

Minnow: Skills required

Rudimentary 25 yards front and back crawl, jump in the deep end, tread water for 30 seconds. **In class:** will build endurance swimming, reinforce fundamentals of front crawl elementary backstroke and diving. Introduction to breaststroke arm pull. Emphasize rescue & safety skills.

[Monday - Wednesday]
6:35 - 7:20 pm

[Tuesday - Thursday]
6:35 - 7:20 pm

[Saturday]
10:15 - 11:00 am

[Taught Together]

Fish: Skills required

Swim 2 lengths each of front crawl and back stroke in good form. Can dive in water **In class:** Will learn to perform 50 yards each: breast stroke, side stroke and open turns.

Flying Fish: Skills required

Swim 2 lengths each of front crawl, back crawl and breast stroke in succession, survival float 7 minutes and tread water for 3 minutes. **In class:** will learn bilateral breathing, inverted scissors on side, introduction to butterfly and flip turns.

Shark: Skills required

Excellent front and back crawl demonstrates coordination in breast stroke and butterfly swim under water 15 yards **In class:** Will learn first aid techniques swim 2 lengths of each front and back crawl, breaststroke and butterfly nonstop, lifesaving strokes and surface dives.

[Monday - Wednesday]
7:25 - 8:10 pm

[Tuesday Thursday]
7:25 - 8:10 pm

[Saturday]
11:00 - 11:45 am

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