

Swimming: Tot Lessons and More

Parent and Tot *ages 6-36 months with a parent:*

Thirty-minute classes. These aquatic programs give parents tools on how to develop their child's abilities, protect them from harm and encourage skills to build self-confidence. Designed for parent/child water fun! For safety reasons, we require swim diapers and plastic pants (available for purchase at the front desk) underneath swimsuits for children who are not potty-trained.

Weekdays, 1-4:	MEM \$50	PRO \$80
Weekday 5:	MEM \$38	PRO \$68
Saturdays 1-2:	MEM \$38	PRO \$68
Saturday 3:	MEM \$32	PRO \$62



Skipper *parents and tots ages 6-12 months:* These classes are designed to help you and your tot enjoy the water through game playing, sing songs, and blowing bubbles. We emphasize water safety, water adjustment skills, and basic swim movements.

M/W: 9:30 am • SAT: 10:00 am

Splash *parents and tots age 12-36 months:* For toddlers who need more of a challenge or who are trying to move independently in the water. Parents again review and learn additional information about aquatic safety. The instructor prepares the toddlers for the Pike classes..

M/W: 10:00 am • SAT: 10:30 am

Private Lessons

Private/Semi-Private Lessons *members only ages 3+:*

One-on-one instruction, for a range of swimming abilities. Lessons will be scheduled at the convenience of the member and the availability of the swim instructor. Please come to the Welcome Center to register. *Questions? Call Sarah Ernst 770-578-2801 or email at sarahe@ymcacobb.org.*

(6) 30-min. lessons • (4) 45-min. lessons • (3) 1-hr lessons
Private: \$125 2-people: \$90/person 3-people \$80/person

On-going Water Fitness *for members only!*

Hydroflex, Aquacise, Active Older Adults (60+), Deep Water, Water Sport, Stretch 'N Move, Aqua Sculpt, Arthritis (60+), Water Wake-Up, H2O Power.

View the Swim schedule online for days/times at mcy.ymcaatlanta.org.



Sessions & Registration

Weekdays

(4 weeks • Twice a week)

Session 1: Jan 4 – Jan 28

Register: MEM Dec 3 • PRO Dec 8
Jan 18 classes (MLK), moved to Friday

Session 2: Feb 1 – Feb 25

Register: MEM Jan 21 • PRO Jan 23

Session 3: March 1 – March 25

Register: MEM Feb 18 • PRO Feb 23

Session 4: March 29 – April 29

Register: MEM March 18 • PRO March 23
No classes the week of Spring Break

Session 5: May 3 – May 20

Register: MEM April 15 • PRO April 20
This is only a 3-week session

Saturdays

(5 or 6 weeks)

Saturday 1: Jan 9 – Feb 13

Register: MEM Dec 3 • PRO Dec 8

Saturday 2: Feb 20 – March 27

Register: MEM Dec 3 • PRO Dec 8

Saturday 3: April 17 – May 15

Register: MEM March 23 • PRO March 25

Sarah Ernst

Aquatics Director
phone: 770-578-2801

2009 Chili Recipe Winner!

