

Swimming: Tot Lessons & 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.

Weekday Sessions: MEM \$50 PRO \$80
Saturdays: MEM \$37 PRO \$67



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: 10:15 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: 10:45 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.

Classes held at McCleskey-East Cobb YMCA



In 1908, 3,330 people drown in America. The next year, with help of Canadian, George Corsan, the YMCA set out to teach "Americans to Swim".

Sessions & Registration

Weekdays

(4 weeks • Twice a week)

Session 1: Aug 17 – Sept 11

Register: MEM Aug 4 • PRO Aug 6
Sept 7 (Labor Day) classes, moved to Friday

Session 2: Sept 14– Oct 8

Register: MEM Sept 8 • PRO Sept 10

Session 3: Oct 12 – Nov 5

Register: MEM Oct 6 • PRO Oct 8

Session 4: Nov 9 – Dec 10

Register: MEM Nov 3 • PRO Nov 5
No classes the week of Thanksgiving

Saturdays

(6 weeks)

Saturday 1: Aug 22 – Sept 26

Register: MEM Aug 4 • PRO Aug 6

Saturday 2: Oct 10 – Nov 14

Register: MEM Oct 6 • PRO Oct 8



Sarah Ernst

Aquatics Director
phone: 770-578-2801

Swimming: Preschool Swim Lessons

Preschool Classes *ages 3-5 • 30-minutes*

The Y is pleased to offer the National Preschool Swim Program. This program offers children their first experience in the pool without parental assistance. Each level offers instruction in personal growth, stroke development, personal safety, water games, rescue skills and fun. Students are taught aquatic and rescue skills on all levels. *Please bring goggles to class!*

Weekday Sessions: MEM \$50 PRO \$80
Saturdays: MEM \$37 PRO \$67



Pike: Develop safe pool behavior and adjust to the water. Designed for new swimmers. Basic paddling/kicking skills, pool safety and learning to put their face in the water while blowing bubbles.

M/W or T/TH: 4:15 pm, 5:00 pm, 5:30 pm

SAT: 9:00 am, 9:30 am

Pike 2: This class will work on getting the child more confident in the water by becoming comfortable swimming on their front and back. Students will develop independent movement, work more on putting their face in the water and being able to jump to the instructor.

M/W or T/TH: 4:15 pm, 5:00 pm, 5:30 pm

SAT: 9:00 am, 9:30 am

Eel: This class is for children who have confidence in the water and can swim half of the pool using the beginner stroke and are comfortable getting their faces wet. Front gliding, kicking, bobbing and jumping into the water without assistance and performing the beginning freestyle and backstroke will be covered in class.

M/W: 5:00 pm • T/TH: 4:15 pm • SAT: 9:00 am

Ray: At this level children review previous skills, improve stroke skills, learn more about personal safety, freestyle with rotary breathing and beginning backstroke. Taught in the deep-end of the pool.

M/W: 4:15 pm • T/TH: 5:00 pm • SAT: 9:30 am

Starfish: An advanced class for children who can perform the freestyle and backstroke without assistance. Refine strokes, build endurance and introduce new strokes. Taught in the deep-end of the pool.

M/W: 4:15 pm • T/TH: 5:00 pm • SAT: 9:00 am



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Sarah Ernst

Aquatics Director
phone: 770-578-2801

Swimming: Youth-Adult Swim Lessons

Youth ages 6-13 • Teen/Adult ages 13+ 45-min.

The National YMCA Youth Swim Program is comprised of five main components; personal growth, personal safety, stroke development, water games and rescue. Each skill level builds upon the preceding level with five levels covering all strokes and safety skills. Students are taught aquatic/rescue skills. *Please bring goggles to class!*

Weekday Sessions: MEM \$60 PRO \$90
Saturdays: MEM \$45 PRO \$75



Held at McCleskey-East Cobb YMCA

Sessions & Registration

Weekdays

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Polliwog: Beginners! Learn basic water adjustment and exploration skills to become more comfortable in the water. Skills include: blowing bubbles, putting faces in the water, kicking, floating, gliding and beginners freestyle. Ideal for children with no previous experience or those unable to put their faces in the water.

M/W: 4:15 pm • T/TH: 5:15 pm • SAT: 9:00 am

Guppy: This is an advanced beginner class for children who are comfortable in the water. Rotary breathing, freestyle and backstroke will be introduced.

M/W: 5:15 pm • T/TH: 4:15 pm • SAT: 9:45 am

Minnow: Must be able to swim both the freestyle and backstroke for 25 yards without stopping. Refine strokes and introduce breaststroke and breathing techniques.

M/W: 4:15 pm • T/TH: 5:15 pm • SAT: 9:00 am

Flying Fish/Shark: At this level, students work on refining their strokes and increasing their endurance and will be introduced to the butterfly. Strokes are refined through drills and lap swimming to develop endurance.

M/W: 5:15 pm • T/TH: 4:15 pm • SAT: 9:45 am

Stroke Clinic: to be eligible, each child must be able to pass Flying Fish/Shark requirements. This is our most advanced class, which focuses on the four major strokes (freestyle, backstroke, breaststroke, and butterfly) we will incorporate drills to improve stroke technique, work on appropriate turns, starts and breathing skills while building endurance and having fun!

M/W: 6:00 pm • T/TH: 6:00 pm • SAT: 9:00 am

Adults: Teens/adults (afraid of or uncomfortable in the water) who would like to improve their strokes and endurance.

M/W: 6:00 pm • T/TH: 6:00 pm • SAT: 10:30 am