

Aquatics: Tot & Preschool Lessons

Parent/Child

Parent/Tot ages 6-36 months: No skills required. Parent-assisted program designed to build elementary swimming and safety skills. Children progress at their own rate and have fun too! It is a great way to introduce your child to the water.

M/W or T/TH: 11:00 am – 11:30 pm

SAT: 10:20 – 10:50 am

2 Much Fun ages 24-36 months: Children are still with parents but are beginning to learn some independence in the water.

M/W: 11:35 am – 12:05 pm • SAT: 10:20 – 10:50 am

Preschool ages 3-5 years

Pike (Beginner): No skills required. Child will learn water readiness, to blow bubbles, to put head under water, proper kicking technique and to become independent of the swim belt.

M/W: 4:00 – 4:30 pm • TU/TH: 11:35 am – 12:05 pm

SAT: 9:45 – 10:15 am or 10:15 – 10:45 am

Eel (Intermediate): No skills required. Child can float on back and front with assistance, can put face in water and swim with a flotation device. In this class child will learn to bob, fin on back and swim without assistance.

M/W: 4:00 – 4:30 pm or 4:35 – 5:05 pm

SAT: 9:10 – 9:40 am or 9:45 – 10:15 am

Ray (Intermediate/Advanced): Skills required. Child can swim without flotation belt, glide and float, jump in the water, and swim to the wall. In this class child will learn the front crawl, elementary backstroke & treading water.

M/W: 4:35 – 5:05 pm

SAT: 9:10 – 9:40 am or 9:45 – 10:15 am

Starfish (Advanced): Skills required. Child can tread water & swim 25 feet using a modified crawl stroke. In class he/she will learn survival floating, kneeling & sitting dives, & boating safety; learn to coordinate front crawl with rotary breathing while swimming 25 yards.

M/W: 4:35 – 5:05 pm

SAT: 9:10 – 9:40 am or 9:45 – 10:15 am

Note: Ray and Starfish are taught together.



Aquatics Session Dates



M/W or T/Th Sessions

4-week sessions • 2 days a week

January 5 – 29 (7 classes)

February 2 – 26

March 2 – 26

March 30 – April 23

April 27 – May 21

Saturday Sessions

8-week sessions • 1 day a week

January 10 – February 28

March 14 – May 16

No classes Jan. 19, April 10 & 11, May 8 & 9

Swim Session Fees

8 Classes: MEM: \$45 PRO: \$90

7 Classes: MEM: \$39 PRO: \$79

Private Lessons

Private Lessons facility members only and on a limited basis: Contact Brigette Tucker at 404-371-3308 for more information.

Six, 30-minute lessons

Four, 45-minute lessons

Three, 1-hour lessons