

Aquatics: Youth & Adult Lessons and More

Swim Lessons

Group Lessons: MEM \$40 PRO \$60



Youth Classes *ages 6-14 • 45-minutes*

Poliwog: *BEGINNER* No skills required.

Guppy: *INTERMEDIATE BEGINNER* Skills required.

Minnow: *ADVANCED LEVEL I* Skills required.

Fish: *ADVANCED LEVEL II* Skills required.

M/W: 5:30 pm (beginners) or 6:15 pm (advanced)

T/TH: 5:50 pm (beginners) or 6:15 pm (advanced)

SAT: 9:30 am (beginners and advanced)

SUN: 1:15 pm (beginners and advanced)

Adult Classes *ages 15+ • 45-minutes*

Beginners • Intermediate • Advanced

T/TH: 7:00 pm (beginners - advanced)

SAT: 9:30 am (beginners - advanced)

Aqua Fitness Classes

Stretch & Flex Aquatics- Designed for arthritis sufferers of all ages and other joint disease sufferers.

Aqua Tone- 15 minutes stretching and warm-up, 20-25 minutes of cardio aerobics and 20 minutes of cool down.

Aqua Fit- 60 minute cardiovascular workout including a warm-up, medium to high impact workout and cool down.

Senior Mobility- Stretching, mobility, and coordination activities to activate muscles and elevate balance.

High Level Water Aerobics- Our most advanced class; many levels of cardiovascular endurance exercises.

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



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

Sessions & Registration

Weekdays

(4 weeks • Twice a week)

Session 6: Oct. 14 - Nov. 6

Registration: Opens ??? Closes Oct. 9

Session 7: Nov. 11 - Dec. 5

Registration: Opens ??? Closes Nov. 6

Saturdays

(8 weeks • Once a week)

Saturday 3: Oct. 11 - Nov. 29

Registration: Opens ??? Closes Oct. 9

Sundays

(8 weeks • Once a week)

Saturday 3: Oct. 12 - Nov. 30

Registration: Opens ??? Closes Oct. 9

Stroke Clinic *age 6-14:* Learn all four competitive strokes. Instructor will not be in the water so all participants must have passed the Minnow or Fish swim level. Includes: starts, turns, and finishes.