

# Aquatics: Group Swim Lessons

Session Dates on next page!

**Parent/Child** *ages 6 months-4 years* 30 minutes.

**Parent/Tot** *ages 6-36 months*: No skills required. Parent-assisted program designed to build elementary swimming and safety skills.

M-TH: 10:00 am, 11:30 am

M/W or T/TH: 4:30 pm, 6:00 pm

SAT: 10:00 am, 10:30 am

**Pike With Parent** *ages 2-4 years*: Designed to introduce basic water and swim movements through songs and games to prepare children for preschool lessons.

M-TH: 10:30 am, 11:00 am

M/W or T/TH: 4:00 pm, 6:30 pm

SAT: 10:00 am, 10:30 am

**Preschool Lessons** *ages 3-5 years* 30 minutes.

**Pike (Beginner I)**: No skills required. Must be ready for group setting without parent.

M-TH: 10:00 am, 11:30 am

M/W or T/TH: 4:00 pm, 6:30 pm

SAT: 10:00 am, 10:30 am

**Pike II (Advanced Beginner II)**: Enjoys blowing bubbles, submerging head completely, front and back float, jumps without assistance, and independent with flotation.

M-TH: 10:30 am, 11:00 am

M/W or T/TH: 4:30 pm, 5:00 pm, 6:00 pm

SAT: 10:30 am, 11:00 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

M-TH: 10:00 am, 11:00 am

M/W or T/TH: 4:00 pm, 6:30 pm

SAT: 11:00 am, 11:30 am

**Ray (Intermediate/Advanced)**: Child can swim without flotation belt, glide and float, jump in the water, and swim to the wall. *\*Note: Ray and Starfish are taught together.*

**Starfish (Advanced)**: Child can tread water & swim 25 feet using a modified crawl stroke.

M-TH: 10:00 am, 11:30 am

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

SAT: 11:00 am, 11:30 am



**Youth Swim Lessons** *ages 6-12* 45 min

**Polliwog I (Beginner)**: No skills required.

M/W or T/TH: 5:30 pm, 7:00 pm

SAT: 8:15 am, 9:00 am

**Guppy (Advanced Beginner)**: Completed skills required for Polliwog II plus front paddle with eyes in water, back paddle and side paddle 20 yards.

M/W or T/TH: 5:30 pm, 6:45 pm

SAT: 8:15 am, 9:00 am

**Minnow (Intermediate)**: Completed skills required for Guppy plus swim 25 yards nonstop performing freestyle with side breathing, side kick and backstroke.

M/W or T/TH: 6:15 pm, 7:30 pm

SAT: 8:15 am, 11:30 am

**Fish (Advanced)**: Completed skills required for Minnow plus swim 50 yards nonstop freestyle, backstroke, sidestroke, elementary backstroke and know breast-stroke. *\*See times for Flying Fish/Shark!*

**Flying Fish/Shark (Advanced)**: Completed skills required for Fish plus perform multiple laps of freestyle, backstroke, breast-stroke, sidestroke and has been introduced to the butterfly.

M/W or T/TH: 7:30 pm with swim team!

SAT: 11:30 am

*\*Fish and Flying Fish/Shark are taught together!*

**Adult Swim Lessons** *ages 13+*

T/TH only: 7:15 pm

SAT: 12:15 am



# Aquatics: Specialty Programs

## Private Lessons

**Private Swim: *members only ages 3+*:** Students receive a total of two hours of one-on-one instruction with a certified swim instructor. Please fill out a registration form and an instructor will contact you as soon as one becomes available.

Private lessons: \$120

Semi-private lessons: \$80 each

Pool Buddies \$65 per child (4, 30-min. classes) \*min 3 kids!

## Swim Team

**Fins Swim Team:** Participants will learn about all aspects of competitive swimming, will work hard and have fun improving their strokes. All new participants must complete an evaluation with a coach so he/she can be placed in the appropriate ability group. Fins swim team includes fun, team-building field trips, as well as classroom meetings to watch instructional videos, discuss strategies, and learn sportsmanship. Additional information is available on the web at [www.fowlerfins.swim-team.us](http://www.fowlerfins.swim-team.us).

August 17 – February 27, 2010

Registration begins: July 17

6 & Under: 4:00–4:30 pm

8 & Under: 4:30–5:15 pm

12 & Under Intermed.: 5:15–6:15 pm

9+ Advanced: 7:15–8:30 pm

MEM: \$375 PRO: \$540



## Lifeguard Training *ages 16+*

**Lifeguard Training:** Includes CPR, First Aid, and EOA.

M/T/TH 6:30 – 9:30 pm & Saturdays 12:00 – 6:00 pm

Sept 7–Oct 3 • Oct 12–Nov 7 • Nov 30–Dec 19

MEM: \$175 PRO: \$195

## Safety Certification Clinics

**CPR/AED:** For the workplace.

Sept 23 • Oct 21 • Nov 11 • Dec 9, 6:00 – 9:30 pm

MEM: \$45 PRO: \$55

**First Aid:** Three-Year Certification

Sept 30 • Nov 18 • Dec 16, 5:30 – 9:30 pm

MEM: \$65 PRO: \$75



## Session Dates

**M–TH** (Mondays thru Thursdays, 4 days a week)

Sept 7–17 (register by Aug 31)\*

Sept 21–Oct 1 (register by Sept 11)\*

Oct 5–15 (register by Sept 25)\*

Oct 19–29 (register by Oct 9)\*

Nov 2–12 (register by Oct 23)\*

Nov 16–Dec 3 (register by Nov 6)\* *no class Nov 23-27*

Dec 7–17 (register by Nov 30)\*

**M/W or T/TH** (Mon/Wed or Tues/Thu, 2 days per week)

Sept 7–Oct 1 (register by Aug 28)\*

Oct 5–29 (register by Sept 25)\*

Nov 2–Dec 3 (register by Oct 23)\* *no class Nov 23-27*

**SAT** (Saturdays, 1 day per week)

Aug 8–29 (register by Aug 1)\*

Sept 12–Oct 3 (register by Sept 5)\*

Oct 10–31 (register by Oct 3)\*

Nov 7–Dec 5 (register by Oct 31)\* *no class Nov 28*

\* A \$5 late charge will be assessed after the dates above.

## Swim Session Fees

Weekdays: MEM: \$65 PRO: \$85

Saturdays: MEM: \$45 PRO: \$65



## Adaptive Swim

**Adaptive Swim:** Private and group lessons for both children and adults adapted to fit the needs, gifts and limitations of each student. *Please contact Mike Steele at 770-246-9622 or [james@ymcaatlanta.org](mailto:james@ymcaatlanta.org) for more information and reservations.*

