

Swimming: Lessons

Swim Lessons

MEM: \$66
PRO: \$83



(Session 1: \$58)
(Session 1: \$73)



Weekday Classes are two days a week for four weeks... M/W or T/Th. Weekend Classes are once a week for 8 weeks, held on Saturday morning or Sunday afternoon. We must have at least 4 students to make a class.

Parent/Child *ages 6-36 months*: 30-minute classes. One parent must be in the pool with his/her child.

M/W: 10:15 am, 5:15 pm • T/Th: 10:15 am • SAT: 9:30 am

Preschool *ages 3-5 years*: 30-minute classes.

M/W: 4:00 pm, 5:15 pm • T/Th: 4:15 pm

SAT: 9:30 am, 10:00 am, 11:15 am • SUN: 1:30 pm, 2:00 pm

Youth *ages 6-12 years*: 45-minute classes.

M/W: 4:30 pm, 5:45 pm

SAT: 10:30 am, 11:45 am • SUN: 2:30 pm, 3:15 pm

Stroke Clinic *ages 6+*: 45-minute class to refine basic swimming strokes. Must be able to swim one length of freestyle and one length of backstroke prior to this class.

SAT: 9:15 am

Adult *ages 13+*: 45-minute classes.

M/W: 10:45 am, 6:30 pm • T/Th: 10:45 am

SAT: 11:45 am • SUN: 3:15 pm

Homeschool Swim Lessons



Homeschool Lessons, *age 3-12*:

Have some fun while learning to swim!

Tuesdays,

Session 1: Aug. 26 - Sept 30 • Session 2: Oct 7 - Nov 11

Preschool: 12:45 pm • Youth: 1:15 pm, 2:00 pm

MEM: \$48 PRO: \$62



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".

M/W or T/Th Classes

4-wk sessions • 2-days a wk

Monday/Wednesday classes

Session 1: Aug. 18 - Sept. 10
Mini session (only 7 classes)

Session 2: Sept. 15 - Oct. 8

Session 3: Oct. 13 - Nov. 5

Session 4: Nov. 10 - Dec. 10
No classes the week of Thanksgiving

Tuesday/Thursday classes

Session 5: Aug. 19 - Sept. 11

Session 6: Sept. 16 - Oct. 9

Session 7: Oct. 14 - Nov. 6

Session 8: Nov. 11 - Dec. 11
No classes the week of Thanksgiving

Saturday Classes

8-wk sessions • 1-day a wk

Session 9: Aug. 16 - Oct. 11
No classes Saturday, August 30

Session 10: Oct. 18 - Dec. 13
No classes Saturday, November 29

Sunday Classes

8-wk sessions • 1-day a wk

Session 11: Aug. 17 - Oct. 12
No classes Sunday, August 31

Session 12: Oct. 19 - Dec. 14
No classes Sunday, November 30

Swimming: Y Aquatic Programs

Lifeguarding

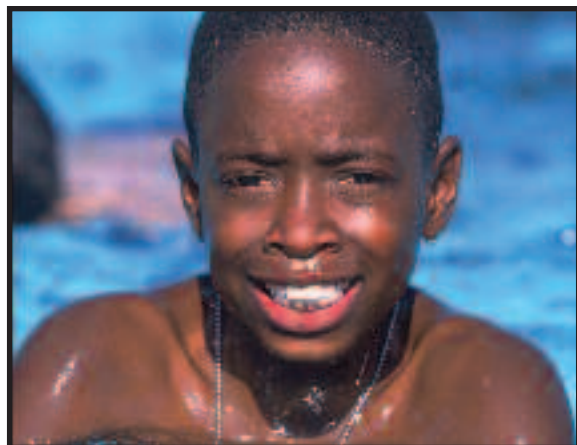
Lifeguarding Classes, ages 16+: Participants need to be able to swim 500 yards without stopping, including the front crawl, breaststroke and backstroke with inverted breaststroke kick. Students must be on time and attend every class meeting for successful course completion, including CPR for the Professional Rescuer, AED, Oxygen Provider and First Aid Certification classes.

Tuesdays and Thursdays, 5:00 - 10:00 pm

October 7 - 30

CPRO: 8:30 am - 4:00 pm, Saturday, October 4

MEM: \$185 PRO: \$235



Pool Times

Lap Swim Time: At least one lap lane open at all times. Check schedules online at tgy.ymcaatlanta.org, go to Programs and "Schedules".

Open Swim: Spend time with your family, work out on your own or walk/run in water to rehabilitate injuries. Check schedules online at tgy.ymcaatlanta.org, go to Programs and "Schedules".

Swim Club

50 Mile Swim Club: Track your pool laps on our FitLinxx and when you reach 50 miles, get a free t-shirt! Start anytime and contact Aquatic Office when done.

Scuba

Swim prerequisites: able to swim 50 feet under water, 6 laps any stroke, and tread water 15 minutes. Additional fees charged for scuba equipment and weekend checkout dive. Class checkout dives are in Florida.

Wed. 7:00 - 9:00 pm (class), Fri. 6:45 - 8:45 pm (pool)

Session 1: Sept 10 - Oct 3

Session 2: October 8 - 31

MEM: \$125 PRO: \$165



Scuba Instructor: Paul Goodwin, since 1990.

Swim Team

Blue Dolphins Swim Team: Our team is part of the Metro Atlanta YMCA Swim League. No practices week of Thanksgiving. Swimmers, 10 years of age and under, who wish to join the team must be able to perform 1 length freestyle and 1 length backstroke. Swimmers, ages 11-18, must be able to perform 1 length freestyle, backstroke and breaststroke. Info Packets will be handed out at the Parent's meeting.

Fall Session I: August 19 - October 10

Fall Session II: October 14 - December 12

Parent Meeting: Aug. 19 & October 14

10 & under Practice: T/Th/Fri, 4:45 - 5:45 pm

11-18 Practice: T/Th/Fri, 5:45 - 6:45 pm

MEM: \$105 PRO: \$130



Pool Parties

Birthday Parties ages 7+: The pool party includes 1 hour in the pool with a lifeguard and use of the Youth and Teen Center for coordinating the festivities, party snacks, games and music. Call 770-513-5949.

Saturdays, 1:15 - 3:15 pm & 3:30 - 5:30 pm

\$100 for 15 or less; \$7 per person for 16+