

Aquatics: Parent/Child & Preschool

Weekdays (8 lessons):	MEM: \$60	PRO: \$80
Saturday (8 lessons):	MEM: \$60	PRO: \$80
Sunday (6 lessons):	MEM: \$45	PRO: \$60
Swim & Gym (8 lessons):	MEM: \$105	PRO: \$125



Parent/Child ages 6-36 months

Parent/Tot ages 6-24 months: This class is not intended to teach children to swim. Games, songs and water movements are introduced.

M/W: 10:00 am, 6:15 pm • T/TH: 10:00 am
SAT: 8:30 am, 10:15 am, 11:40 am

Swim n Gym ages 6-36 months: Swim skills with the addition of 30 minutes in the gym doing conditioning exercises, working on large and small motor skills.

Saturdays: Gym 11:00 am • Pool 11:40 am

Pike with Parent ages 24-36 months: Bubble blowing, front and back float with support. Parent/Child class.

SAT: 9:40 am, 11:05 am • SUN: 1:30 pm

Preschool ages 3-5 years

Pike (Beginner): Bubble blowing, front and back float with support, submerging head independently in water with flotation. Swim 5 yards without assistance.

M/W or T/TH: 9:00 am, 3:30 pm, 6:15 pm
SAT: 8:30 am, 9:05 am, 9:40 am, 11:30 am
SUN: 2:00 pm, 3:00 pm

Eel (Intermediate): Swims independently 15 yards to the instructor & back to the wall. Learn strokes & breathing.

M/W: 9:30 am, 3:00 pm, 6:15 pm
T/TH: 9:30 am, 3:00 pm, 6:45 pm
SAT: 9:05 am, 11:30 am • SUN: 2:30 pm

Ray (Advanced): Build endurance; learn to tread water.

M/W: 3:00 pm, 3:30 pm • T/TH: 3:00 pm, 6:15 pm
SAT: 9:05 am

Starfish (Advanced): Children who can perform front & back crawl with no assistance. Refine stroke and skills.

M/W: 3:00 pm, 3:30 pm • T/TH: 3:00 pm, 6:15 pm
SAT: 9:05 am



Swim Session Dates

M/W or T/TH Classes

4-week sessions • 2 days a week

September 8 – October 1

Register... MEM: Aug 15 • PRO: Aug 22

October 5 – October 29

Register... MEM: Sept 12 • PRO: Sept 19

November 2 – November 25

Register... MEM: Oct 10 • PRO: Oct 17

November 30 – December 11

Register... MEM: Oct 10 • PRO: Oct 17
Mini Session - 2 week half price*

Saturday Classes

8-week sessions • 1 day a week

September 12 – October 31

Register... MEM: Aug 15 • PRO: Aug 22

November 7 – December 19

Register... MEM: Oct 10 • PRO: Oct 17

Sunday Classes

6-week sessions • 1 day a week

September 13 – October 18

Register... MEM: Aug 15 • PRO: Aug 22

October 25 – December 6

Register... MEM: Sept 12 • PRO: Sept 19



Aquatics: Youth & Adult

Youth Classes *ages 6-12*

Polliwog (Beginner): No Skills Required! Learn front crawl, front and back float, putting face in water, personal/boat safety.

T/TH: 6:45 pm • SAT: 11:00 am • SUN: 1:00 pm

Guppy (Advanced Beginner): 15 yards without assistance.

M/W: 6:45 pm • SAT: 10:15 am • SUN: 1:00 pm

Minnow (Intermediate): 25 yards front/back crawl; tread 30 seconds.

M/W: 6:45 pm • SAT: 10:15 am

Fish (Advanced Intermediate): 2 lengths front and back crawl with good form and complete a standing dive.

T/TH: 6:45 pm • SAT: 12:00 pm

Fly Fish (Advanced): 2 lengths front and back crawl, breaststroke in succession; survival float 7 minutes; tread water 3 minutes.

T/TH: 6:45 pm • SAT: 12:00 pm

Shark (Advanced): Excellent front and back crawl, breast stroke and butterfly and swim underwater.

T/TH: 6:45 pm • SAT: 12:00 pm

Swim Team & Swim Team Prep *ages 6-18*: The Buckhead Barracudas Swim Team runs September to February. The team practices at the YMCA and competes against other YMCA's in weekend meets.

Adults *ages 13+*

Adult (Beginner): Beginners learning to swim.

M/W: 7:30 pm • SAT: 12:00 pm (beginner)

SAT: 1:00 PM (intermediate)

Y Tri (Refinement): Triathlon training for refinement/endurance.

M/W: 6:45 pm

Private Lessons *facility members only*

Private Lessons: \$125

Semi-private Lessons: \$90/person



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