

# Aquatics: Youth & Adult Lessons and More

## Swim Lessons

Group Lessons: MEM \$40 PRO \$60



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

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

**Beginner II (Guppy):** Skills required.

**Advanced I (Minnow):** Skills required.

**Advanced II (Fish):** 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)

**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.

See flyers or our website for more Information

## Adult Classes *ages 15+ • 45-minutes*

**Beginners • Intermediate • Advanced**

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

SAT: 9:30 am (beginners - advanced)

## Personal Training

**Water Works Personal Training-** See flyers or go to our website for more information.

## Aqua Fitness Classes

**Aquatics H20-** Designed for arthritis sufferers of all ages and other joint disease sufferers.

**Aqua Fit-** A cardio vascular & strength training workout.

**Deep Water Aerobics-** Our most advanced class; many levels of cardiovascular endurance exercises. *View the Swim schedule online for days/times at [swy.ymcaatlanta.org](http://swy.ymcaatlanta.org)*



In 1908, 3,330 people drowned 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)

### January 6 - January 29

Registration opens November 17

### February 3 - February 26

Registration opens January 20

### March 3 - March 26

Registration opens February 17

### April 7 - April 30

Registration opens March 17

### May 4 - May 28

Registration opens April 21

### Saturdays

(8 weeks • Once a week)

### January 10 - February 28

Registration opens November 22

### March 7 - April 25

Registration opens January 24

### May 2 - June 27

Registration opens March 21

### Sundays

(8 weeks • Once a week)

### May 3 - June 28

Registration opens April 18

### July 12 - August 30

Registration opens May 17