

Aquatics: Tot & Preschool Lessons

Parent/Child - 30 minute classes

Parent/Tot ages 6-36 months: No skills required. Parent-assisted program designed to build elementary swimming and safety skills. Children progress at their own rate and have fun too! It is a great way to introduce your child to the water.

M/W: 11:00 am • T/TH: 11:00 am or 4:00 pm
FRI or SAT: 10:20 am

2 Much Fun ages 24-36 months: Children are still with parents but are beginning to learn some independence in the water.

T/TH: 11:00 am or 4:00 pm • SAT: 10:20 am

Preschool ages 3-5 years - 30 minute classes

Pike (Beginner): No skills required. Child will learn water readiness, to blow bubbles, to put head under water, proper kicking technique and to become independent of the swim belt.

M/W: 12:00 pm or 4:00 pm • TU/TH: 4:30 pm
SAT: 9:10 am or 9:45 am or 10:15 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 to bob, fin on back and swim without assistance.

M/W: 4:00 pm or 4:35 pm • FRI: 4:35 pm
SAT: 9:10 am or 9:45 am

Ray (Intermediate/Advanced): Skills required. Child can swim without flotation belt, glide and float, jump in the water, and swim to the wall. In this class child will learn the front crawl, elementary backstroke & treading water.

M/W: 4:00 pm or 4:35 pm • FRI: 4:00 pm
SAT: 9:10 am or 9:45 am

Starfish (Advanced): Skills required. Child can tread water & swim 25 feet using a modified crawl stroke. In class he/she will learn survival floating, kneeling & sitting dives, & boating safety; learn to coordinate front crawl with rotary breathing while swimming 25 yards.

M/W: 4:35 pm • FRI: 4:00 pm
SAT: 9:45 am

Note: Ray and Starfish are taught together.



Sessions & Registration

Mon/Wed or Tue/Thurs

(4 weeks • Twice a week)

Session: March 29 – April 22

Register: MEM Feb 25 • PRO March 4

Session: April 26 – May 20

Register: MEM March 29 • PRO April 5

Session: May 24 – June 17

Register: MEM April 26 • PRO May 3

Session: June 21 – July 15

Register: MEM May 24 • PRO May 31

Session: July 19 – August 12

Register: MEM June 28 • PRO July 5

Fridays or Saturdays

(8 weeks • Once a week)

Session: April 30 – June 20

Register: MEM March 29 • PRO April 05

Session: June 25 – August 15

Register: MEM June 28 • PRO July 5

Session: August 27 – Oct 16

Register: MEM July 26 • PRO August 2

Swim Session Fees

Classes: MEM: \$45 PRO: \$90

Private Lessons

Private Lessons facility members only and on a limited basis: Contact Brigette Tucker at 404-371-3308 for more information.

Six, 30-minute lessons

Four, 45-minute lessons

Three, 1-hour lessons

Aquatics: Youth & Adult Lessons

Youth Classes *ages 6-12* - 45 minute classes

Polliwog (Beginner): No skills required. Child will be introduced to the front crawl, front & back floats, putting his/her face in the water, and personal safety skills.

TU/TH: 6:00 pm • SAT: 10:55 am

Guppy (Advanced Beginner): Skills required. Child can blow bubbles, put head under water, float, and paddle without assistance. He/she will learn rotary breathing, develop front crawl stroke, sitting dives, survival float for one minute and treading water.

TU/TH: 6:00 pm • FRI: 4:35 pm • SAT: 10:55 am

Minnow (Intermediate): Skills required. Child can swim one length of the pool using the crawl stroke, rotary breathing and must perform the survival float for one minute; will learn to build endurance, reinforce the fundamentals of front and back crawl, elementary backstroke, and shallow diving. Rescue and safety skills will be emphasized.

TU/TH: 6:50 pm • FRI: 4:35 pm • SAT: 9:00 am

Fish (Advanced Intermediate): Skills required. Child can swim one length of the pool using the front and back crawl stroke and dive. He/she will build endurance in survival floating, treading water and lap swimming. He/she will be introduced to the breast stroke, dolphin kick and lifesaving skills.

TU/TH: 6:50 pm • FRI: 4:00 pm • SAT: 9:00 am

Flying Fish (Advanced): Skills required. Child can swim twolengths of the pool using the front crawl, back crawl and breaststroke. He/she can survival float for seven minutes and tread water for three minutes. He/she will learn butterfly, reinforce breaststroke skills, increase endurance, and learn lifesaving skills.

TU/TH: 6:50 pm • FRI: 4:00 pm • SAT: 9:00 am

Shark (Advanced): Skills required. Child has excellent front and back crawl and good coordination in breaststroke/butterfly; can survival float for 15 minutes and tread water for 4-minutes; will increase endurance; learn starts, turns, lifesaving, stroke development, surface dives, advanced rescue, personal safety, and first aid.

TU/TH: 6:50 pm • FRI: 4:00 pm • SAT: 9:00 am

Youth Stroke Clinic: Build endurance & the perfect stroke.

M/W: 5:10 pm

Note: Fish/Flying Fish & Ray/Starfish are taught together.



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Register: MEM July 26 • PRO August 2

Swim Session Fees

Classes: MEM: \$45 PRO: \$90

Adults *ages 13+* - 45 minute classes

Adult Beginner/Intermediate: Designated to develop basic swimming skills for the new participant and to refine skills for the more advanced swimmer.

TU/TH: 7:45 pm • FRI: 6:00 pm

SAT: 10:55 am