

# Swimming Tot Lessons & More

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Parent/Child Lessons ages 6 mos-3 yrs w/ parent:

Thirty minute classes, twice a week for 4 weeks or 8 Saturdays. These aquatic programs give parents tools to how to develop their child's abilities, protect them from harm and encourage skills to build self-confidence. Designed for parent/child water fun! All children who have not reached their 4th birthday must wear pool pants, or "little swimmers" with rubber pants while participating in aquatic activities. (Pool pants are available at the Front Desk for purchase). This is a YMCA and Forsyth County Health Department requirement.

Weekday or SAT Sessions: MEM \$57 PRO \$77



## Parent/Tot BEGINNER I - parents and tots ages 6-36 months:

Songs, game playing and blowing bubbles. Water safety, adjustment skills and basic swim movements.

M/W: 4:50 - 5:20 pm • T/TH: 10:10 - 10:30 am

SAT: 10:10 - 10:40 am

## 2 Much Fun BEGINNER II - parents and tots ages 2-4 yrs:

Children who need more of a challenge and who are trying to move independently in the water. Parents review and learn more water safety. Prep for Pike classes.

M/W: 4:50 - 5:20 pm • T/TH: 10:10 - 10:30 am

SAT: 10:10 - 10:40 am

## Aqua Fitness Classes - ongoing classes

**Stretch & Flex Aquatics-** Designed for arthritis sufferers of all ages and other joint disease sufferers.

**Aqua Tone-** 15 minutes stretching and warm-up, 20-25 minutes of cardio aerobics and 20 minutes of cool down.

**Aqua Fit-** 60 minute cardiovascular workout including a warm-up, medium to high impact workout and cool down.

**Senior Mobility-** Stretching, mobility, and coordination activities to activate muscles and elevate balance.

**High Level Water Aerobics-** Our most advanced class; many levels of cardiovascular endurance exercises.

View the Swim schedule online for days/times at [fcy.ymcaatlanta.org](http://fcy.ymcaatlanta.org)

**Registration ends:** the Wednesday before sessions start!



## Sessions & Registration

### Weekdays

(4 wks • Twice a wk)

### Saturdays

(1 wk • 8 wks)

### Fall 1-2

Register: MEM July 31 • PRO Aug 7

Fall 1: M/W

Aug 16 - Sept 10

No class Sept 6. Make up Friday, Sept 10.

Fall 2: TU/TH

Aug 17 - Sept 9

### Fall 3-5

Register: MEM Aug 28 • PRO Sep 4

Fall 3: SAT

Sept 11 - Oct 30

Fall 4: M/W

Sept 13 - Oct 6

Fall 5: TU/TH

Sept 14 - Oct 7

### Fall 6-7

Register: MEM Sep 25 • PRO Oct 2

Fall 6: M/W

Oct 11 - Nov 3

Fall 7: TU/TH

Oct 12 - Nov 4

### Fall 8-10

Register: MEM Oct 23 • PRO Oct 30

Fall 8: SAT

Nov 6 - Dec 18

No class Nov 27.

Fall 9: M/W

Nov 8 - Dec 8

No class Nov 22 - 26.

Fall 10: TU/TH

Nov 9 - Dec 9

No class Nov 23 - 25.

MEM: Facility Member • PRO: Program Member

# Swimming Preschool Lessons

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Preschool Classes ages 3-5 • 30-minutes

The Y is very pleased to offer the National Preschool Swim Program. This program offers children their first experience in the pool without parental assistance. Each level offers instruction in personal growth, stroke development, personal safety, water games, rescue skills and fun. Students are taught aquatic and rescue skills on all levels.

Weekday or SAT Sessions: MEM \$57 PRO \$77



**Pike: BEGINNER - No skills required** – For new swimmers. Basic paddling/kicking skills, pool safety and learning to put their face in the water while blowing bubbles.

M/W: 10:40 - 11:10 am, 4:10 - 4:40 pm

T/TH: 9:20 - 9:50 am, 5:20 - 5:50 pm

SAT: 10:50 - 11:20 am

**Pike 2: ADVANCED BEGINNER - Skills required** – Blows bubbles, submerges, front and back float with assistance.

M/W: 10:40 - 11:10 am, 5:30 - 6:00 pm

T/TH: 4:50 - 5:20 pm

SAT: 10:00 - 10:30 am, 11:00 am - 11:30 am

**Eel: INTERMEDIATE Skills required** – Can float on front and back with assistance, can swim 5 feet without flotation, can put face into water.

M/W: 10:00 - 10:30 am, 4:50 - 5:20 pm

T/TH: 10:40 - 11:10 am, 6:00 - 6:30 pm

SAT: 10:20 - 10:50 am, 11:30 - 12:00 pm

**Ray: ADVANCED INTERMEDIATE Skills required** – Swims without flotation belt, glides and floats, jumps in water and swims to wall, swims a distance of 15 feet.

M/W: 9:20 - 9:50 am, 6:10 - 6:40 pm

T/TH: 11:20 - 11:50 am, 4:10 - 4:40 pm

SAT: 9:30 - 10:00 am

**Starfish: ADVANCED Skills required** – Can swim modified front crawl and elementary backstroke, can tread water.

M/W: 9:20 - 9:50 am, 6:10 - 6:40 pm

T/TH: 11:20 - 11:50 am, 4:10 - 4:40 pm

SAT: 9:30 - 10:00 am

**Registration ends:** the Wednesday before sessions start!



The YMCA has been teaching people of all ages to swim for over 100 years!

## Sessions & Registration

### Weekdays

(4 wks • Twice a wk)

### Saturdays

(1 wk • 8 wks)

### Fall 1-2

Register: MEM July 31 • PRO Aug 7

**Fall 1: M/W** Aug 16 - Sept 10  
No class Sept 6. Make up Friday, Sept 10.

**Fall 2: T/TH** Aug 17 - Sept 9

### Fall 3-5

Register: MEM Aug 28 • PRO Sep 4

**Fall 3: SAT** Sept 11 - Oct 30

**Fall 4: M/W** Sept 13 - Oct 6

**Fall 5: T/TH** Sept 14 - Oct 7

### Fall 6-7

Register: MEM Sep 25 • PRO Oct 2

**Fall 6: M/W** Oct 11 - Nov 3

**Fall 7: T/TH** Oct 12 - Nov 4

### Fall 8-10

Register: MEM Oct 23 • PRO Oct 30

**Fall 8: SAT** Nov 6 - Dec 18  
No class Nov 27.

**Fall 9: M/W** Nov 8 - Dec 8  
No class Nov 22 - 26.

**Fall 10: T/TH** Nov 9 - Dec 9  
No class Nov 23 - 25.

MEM: Facility Member • PRO: Program Member

# Swimming Youth/Adult Lessons

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Youth & Adult Classes ages 6+ • 45-minutes

Weekday or SAT Sessions: MEM \$57 PRO \$77



### **Polliwog: BEGINNER – No skills required –**

M/W: 6:10 - 6:55 pm • T/TH: 5:20 - 6:05 pm  
SAT: 10:10 - 10:55 am

### **Guppy: ADVANCED BEGINNER – Skills required –** Put face in the water, front and back float without assistance; swim a modified front crawl 20 feet.

M/W: 5:30 - 6:15 pm • T/TH: 4:25 - 5:10 pm, 6:10 - 6:55 pm  
SAT: 10:40 - 11:25 am, 11:40 - 12:25 pm

### **Minnow: INTERMEDIATE – Skills required –** Swim a rudimentary 25 yard front and back crawl, and jump into the deep end.

M/W: 4:00 - 4:45 pm, 5:20 - 6:05 pm • T/TH: 4:25 - 5:15 pm  
SAT: 9:30 - 10:15 am, 11:00 - 11:45 am

### **Fish: ADVANCED INTERMEDIATE – Skills required –** One lap each, front, back crawl and elementary back stroke and has been introduced to the breaststroke (may work on open turns and more advanced stroke duration).

M/W: 4:25 - 5:15 pm • T/TH: 6:10 - 6:55 pm  
SAT: 11:30 am - 12:15 pm

### **Adult: BEGINNER - No skills required**

M/W: 11:20 am - 12:05 pm, 6:45 - 7:15 pm • SAT: 9:15 - 10:00 am

### **Adult: INTERMEDIATE - Skills required**

M/W: 11:20 am - 12:05 pm, 6:45 - 7:15 pm • SAT: 9:15 - 10:00 am

## Speciality Classes

Weekday or SAT Sessions: MEM \$70 PRO \$90



### **Adaptive ages 3-12:** Children with special needs! 2-to-1 ratio.

SAT: 9:30 am

### **Stroke Clinic One & Two ages 6-14:** One learns all four competitive strokes. Instructor will not be in the water so all participants must have passed the Minnow or Fish swim level.

M/W: 6:30 pm • T/TH: 6:45 pm • SAT: 12:10 pm

**Two** also knows starts, turns and finishes and can swim in a swim team workout fashion.

M/W: 6:30 pm • T/TH: 6:45 pm • SAT: 12:10 pm

## Sessions & Registration

### Weekdays

(4 wks • Twice a wk)

### Saturdays

(1 wk • 8 wks)

### Fall 1-2

Register: MEM July 31 • PRO Aug 7

**Fall 1: M/W** Aug 16 - Sept 10

No class Sept 6. Make up Friday, Sept 10.

**Fall 2: TU/TH** Aug 17 - Sept 9

### Fall 3-5

Register: MEM Aug 28 • PRO Sep 4

**Fall 3: SAT** Sept 11 - Oct 30

**Fall 4: M/W** Sept 13 - Oct 6

**Fall 5: TU/TH** Sept 14 - Oct 7

### Fall 6-7

Register: MEM Sep 25 • PRO Oct 2

**Fall 6: M/W** Oct 11 - Nov 3

**Fall 7: TU/TH** Oct 12 - Nov 4

### Fall 8-10

Register: MEM Oct 23 • PRO Oct 30

**Fall 8: SAT** Nov 6 - Dec 18

No class Nov 27.

**Fall 9: M/W** Nov 8 - Dec 8

No class Nov 22 - 26.

**Fall 10: TU/TH** Nov 9 - Dec 9

No class Nov 23 - 25.

MEM: Facility Member • PRO: Program Member