

# Aquatics: Youth, Teen, Adult & Specialty Lessons

## Youth Swim Lessons *ages 6-12*

Classes are 45 minutes.

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

M-TH: 10:15 am, 5:15 pm, 6:00 pm

M/W or T/TH (Session 6): 7:00 pm

SAT: 8:15 am

**Guppy (Advanced Beginner):** Completed skills required for Polliwog II plus front paddle with eyes in water, back paddle and side paddle 20 yards without floatation.

M-TH: 10:15 am, 11:00 am, 5:15 pm, 6:45 pm

M/W or T/TH (Session 6): 7:00 pm

SAT: 8:15 am

**Minnow (Intermediate):** Completed skills required for Guppy plus swim 25 yards nonstop performing freestyle with side breathing, side kick and backstroke.

M-TH: 10:15 am, 11:00 am, 5:15 pm, 6:45 pm

M/W or T/TH (Session 6): 7:00 pm

SAT: 9:00 am, 11:30 am

**Fish (Advanced):** Completed skills required for Minnow plus swim 50 yards nonstop freestyle, backstroke, sidestroke, elementary backstroke and have an understanding of breaststroke. \*See times for Flying Fish/Shark!

**Flying Fish/Shark (Advanced):** Completed skills required for Fish plus perform multiple laps of freestyle, backstroke, breaststroke, sidestroke and has been introduced to the butterfly.

M-TH: 11:00 am, 6:45 pm

M/W only (Session 6): 7:00 pm

SAT: 9:00 am, 11:30 am

\*Fish and Flying Fish/Shark are taught together!

## Adult Swim Lessons *ages 13+*

**Adult (Beginners+):** No skills required.

M-TH: 7:30 pm

T/TH only (Session 6): 7:00 pm

SAT: 8:15 am, 12:15 am



### Session Dates

**M-TH** (Mondays thru Thursdays, 4 days a week)

Session 1: June 1 – 11 (register by May 26)\*

Session 2: June 15 – 25 (register by June 8)\*

Session 3: June 29 – July 9 (register by June 22)\*

Session 4: July 13 – 23 (register by July 6)\*

Session 5: July 27 – Aug 6 (register by June 20)\*

**M/W or T/TH** (Mon/Wed or Tues/Thur, 2 days per week)

Session 6: Aug 10 – Sept 3 (register by July 20)\*

**SAT** (Saturdays, 1 day per week)

Session 1: June 6 – 27 (register by May 30)\*

Session 2: July 11 – Aug 1 (register by July 5)\*

\* A \$5 late charge will be assessed after the dates above.

### Swim Session Fees

Weekdays: MEM: \$65

PRO: \$85

Saturdays: MEM: \$45

PRO: \$55



## Adaptive Swim

**Adaptive Swim:** Private and group lessons for both children and adults adapted to fit the needs, gifts and limitations of each student. Please contact Mike Steele at 770-246-9622 or [james@ymcaatlanta.org](mailto:james@ymcaatlanta.org) for more information and reservations.