

Swim Lessons

Register online now!

PARENT/CHILD CLASSES ages 6 months–4 years

Parent/Tot ages 6–23 months: Encourages a child to work towards independence in the water with a parent through songs and games. SAT: 9:00 am

Two Much Fun ages 2–4 years: Designed to introduce basic water and swim movements through songs and games to prepare children for preschool lessons. SAT: 9:40 am

PRESCHOOL SWIM LESSONS ages 3–5

Classes are 30-minutes. Class ratio is 4:1

Pike I (Beginner I): No skills required. Must be ready for group setting without parent. (Not ready? Try 2 Much Fun Class)
M/W: 10:40 am, 4:10 pm • T/TH: 9:20 am, 5:20 pm
SAT: 10:50 am • SUN: 1:00 pm

Pike II (Advanced Beginner II): Enjoys blowing bubbles, submerging head completely, comfortable with front/back float, jumps without assistance, and independent with floatation.
M/W: 10:40 am, 5:30 pm • T/TH: 9:20 am, 4:50 pm
SAT: 10:00 am, 11:00 am • SUN: 1:00 pm

Eel (Intermediate): Completed skills required for Pike II plus front and back float for 5 seconds, jumps in and swims solo 10 feet with eyes in water.
M/W: 10:00 am, 4:50 pm • T/TH: 10:40 am, 6:00 pm
SAT: 10:00 am, 11:00 am • SUN: 2:30 pm

Ray/Starfish (Advanced): Completed skills required for Eel plus swim at least 15 yards. May be able to swim a modified front crawl, elementary backstroke & tread water.
M/W: 9:20 am, 6:10 pm • T/TH: 11:20 am, 4:10 pm
SAT: 9:30 am

PRIVATE SWIM LESSONS

Private/Semi-Private Swim Lesson: members only: Session consists of 3 hrs. of instruction (Options: 6 30-min. lessons, 4 45-min. lessons or 3 1-hr. lessons).
MEM: Private \$150 Semi-Private \$230 (duo at \$115 each)

Adaptive Aquatics: One-on-one instructor is available for special needs members.
MEM: \$150 PRO \$200 for Six,30-minute lessons One-on-one!



SESSION DATES

SAT or SUN (4 classes – 1 day a week for 4 weeks)

January 7 – January 29

*COA: Dec 2 • MEM: Dec 5 • PRO: Dec 12

February 11 – March 4

*COA: Jan 20 • MEM: Jan 23 • PRO: Jan 27

March 17 – April 15

*COA: Feb 17 • MEM: Feb 20 • PRO: Feb 24
No lessons April 7 or 8 for Easter

April 28 – May 20

*COA: April 13 • MEM: April 16 • PRO: April 20

M/W or T/TH (8 classes – 2 days a week for 4 weeks)

January 9 – February 2

*COA: Dec 2 • MEM: Dec 5 • PRO: Dec 12
No lessons January 16. Make-up on Friday, January 20

February 6 – March 1

*COA: Jan 20 • MEM: Jan 23 • PRO: Jan 27

March 5 – March 29

*COA: Feb 17 • MEM: Feb 20 • PRO: Feb 24

April 9 – May 3

*COA: March 23 • MEM: March 26 • PRO: March 30

May 7 – June 1

*COA: April 20 • MEM: April 23 • PRO: April 27
No lessons May 28. Make-up on Friday, June 1

PRICING:

Weekdays: MEM: \$70 PRO: \$95
4 Classes: MEM: \$45 PRO: \$65

Swim Lessons

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YOUTH SWIM LESSONS ages 6-12

Classes are 45 minutes. Class ratio is 6:1.

Polliwog I (Beginner): No skills required.

M/W: 6:10 pm • T/TH: 5:20 pm
SAT: 10:10 am • SUN: 1:40 pm

Polliwog II (Beginner II): Enjoys blowing bubbles, submerging head completely, comfortable with front/back float, jumps in freely and can paddle 10 feet solo with eyes in water.

M/W: 4:00 pm • T/TH: 5:40 pm
SAT: 11:40 am • SUN: 1:40 pm

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/W: 5:20 pm • T/TH: 4:45 pm
SAT: 10:40 am • SUN: 3:30 pm

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

M/W: 5:20 pm • T/TH: 4:25 pm
SAT: 11:00 am • SUN: 2:30 pm

Fish (Advanced Intermediate): Completed skills required for Minnow plus swim 50 yards nonstop freestyle, backstroke, sidestroke, elementary backstroke and have an understanding of breaststroke.

M/W: 4:25 pm • T/TH: 6:30 pm • SAT: 11:30 am

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

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

Competitive Stroke Clinic ages 6-16:

M/W: 6:30 pm • T/TH: 6:45 pm • SAT: 1:00 pm

ADULT SWIM LESSONS ages 13+

Adult Beginner: No skills required.

M/W: 11:20 am, 6:45 pm
SAT: 8:15 am, 12:00 pm • SUN: 3:00 pm



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SAT or SUN (4 classes - 1 day a week for 4 weeks)

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*COA: Jan 20 • MEM: Jan 23 • PRO: Jan 27

March 17 - April 15

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*COA: March 23 • MEM: March 26 • PRO: March 30

May 7 - June 1

*COA: April 20 • MEM: April 23 • PRO: April 27

No lessons May 28. Make-up on Friday, June 1

PRICING:

Weekdays: MEM: \$70 PRO: \$95
4 Classes: MEM: \$45 PRO: \$65

ADULT SWIM LESSONS ages 13+

Adult Intermediate: Swim 25 yards and comfortable in the deep end of the pool.

T/TH: 11:20 am, 7:30 pm

SAT: 8:15 am, 12:00 pm • SUN: 3:15 pm

Water Exercise Safety Courses

Register online now!

WATER EXERCISE CLASSES

Water Stretch & Flex Classes adults of all ages: Ongoing classes for those seeking to improve or enhance flexibility, strength, range of motion, balance and endurance.

MEM: Free PRO: \$60/8 classes

Water Fibro Classes adults of all ages: An aerobic program designed for persons with fibromyalgia as well as those who want an interval workout. This class may help improve stamina and muscle strength. It may also relieve pain and stiffness.

MEM: Free PRO: \$60/8 classes

Other water classes include...

Water Cardio Conditioning • Water Pilates & Yoga • Water Cycle • Senior Water Fitness • Prenatal Water Combo

SENIOR OPEN SWIM

City of Alpharetta Senior Indoor Open Swim COA residents ages 60+: Alpharetta residents age 60+ may use the indoor aquatics facilities free of charge during COA pool time. Stop by the Registration Desk to receive a card to use the pool.

Tuesdays & Thursdays, 1:00 – 3:00 pm

MASTERS SWIM

Masters Swim ages 18+, free for facility members: All skill levels invited and encouraged to participate. Mondays, Tuesdays, and Thursdays, 6:00 – 7:30 am

BABYSITTING

Babysitting ages 10-17: Learn the basic skills of babysitting from: feeding, diapering, holding, picking up and emergency response. This is ideal for the first time babysitter and prepares a sitter if ever an emergency situation should arise.

Saturdays, 9:00 am – 4:00 pm Participants need to bring a lunch.

March 24 • May 12 • Sept 22 • Nov 10

MEM: \$70 PRO: \$90

Jr. CPR ages 10-17: Babysitting is a pre-rec for this course.

Sundays, 1:00 pm – 4:00 pm

March 25 • May 13 • Sept 23 • Nov 11

MEM: \$25 PRO: \$35

SAFETY COURSES

ASHI CPR: Adult, child, infant training.

CPR & First Aid:

Saturday Jan 14 9:00-2:00 pm

Saturday Mar 24 9:00-2:00 pm

Saturday May 5 9:00-2:00 pm

MEM: \$60 PRO: \$80

CPR only:

Saturday Jan 14 9:00-12:00 pm

Wednesday Feb 14 6:00-9:00 pm

Saturday Mar 24 9:00-12:00 pm

Tuesday Apr 17 6:00-9:00 pm

Saturday May 5 9:00-12:00 pm

MEM: \$45 PRO: \$65

CPR for the Professional Rescuer, First Aid & O2:

Saturday Mar 10 9:00-3:00 pm

Wed/Mon Mar 21/ 26 6:00-10:00 pm

Monday Apr 2 1:00-6:00 pm

Saturday Apr 14 9:00-3:00 pm

Tue/Wed May 1 & 2 6:00-10:00 pm

Saturday May 5 9:00-3:00 pm

MEM: \$60 PRO: \$80

Y Lifeguarding: Look online for times!

Fri-Sun, March 9-18 two weekends

Mon/Wed Mar 19-Apr 25 no class Apr 2/5

Mon-Fri Apr 2-6

Fri-Sun, Apr 13-22 two weekends

Mon-Fri Apr 30-May 11

Fri-Sun, May 4-13 two weekends

MEM: \$225 PRO: \$250

Y Aquatics Safety Assistant:

Sat/Sun, April 28-29 look online for times

Sat/Sun, May 5-6 look online for times

MEM: \$80 PRO: \$100