

# Aquatics: Parent/Tot & Preschool Lessons

## Parent/Child Classes *ages 6 months-4 years*



**Parent/Tot (Beginner 1) *ages 6-23 months:*** Encourages a child to work towards independence in the water with a parent through songs and games.

**M-TH:** 11:15 am, 3:00 pm • **SAT:** 9:00 am

**Two Much Fun (Beginner 2) *ages 2-4 years:*** Designed to introduce basic water and swim movements through songs and games to prepare children for preschool lessons.

**M-TH:** 11:15 am, 3:00 pm • **SAT:** 9:30 am

## Preschool Swim Lessons *ages 3-5*



*Thirty minute classes with a ratio of 4:1*

**Pike I (Preschool Beginner):** No skills required. Must be ready for group setting without parent. (Not ready? Try 2 Much Fun Class) \*Taught in outdoor pool.

**M/W:** 5:45 pm • **T/TH:** 5:45 pm

**M-TH:** \*9:10 am, 10:45, 11:15, 3:00 pm, 4:00, 5:00

**SAT:** 9:00 am, 10:15, 10:45, 1:30 pm, 2:00 • **SUN:** 2:00 pm

**Pike II (Preschool Advanced Beginner):** Enjoys blowing bubbles, submerging head completely, comfortable with front and back float, jumps without assistance, and independent with floatation. \*Taught in outdoor pool.

**M/W:** 5:45 pm • **T/TH:** 5:45 pm

**M-TH:** \*9:40 am, 10:45, 11:15, 3:00 pm, 3:30, 4:30, 5:00

**SAT:** 9:00 am, 10:00, 10:45, 2:30 pm • **SUN:** 2:30 pm

**Eel (Preschool 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.

**T/TH:** 5:45 pm • **M-TH:** 10:15 am, 3:30 pm, 5:30

**SAT:** 9:30 am, 10:45 pm

**Ray/Starfish (Preschool Advanced Intermediate):** Skills required for Eel plus swims at least 15 yards. Swim a modified front crawl, elementary backstroke and tread water.

**M/W:** 5:45 pm • **M-TH:** 10:15 am, 3:30 pm, 5:30

**SAT:** 9:30 am

## Adaptive Aquatics:

\*must be high functioning and able to work in at least groups of 2

**SAT Group:** 9:00 am

**Private MEM:** \$150 **PRO:** \$200

**Semi-Private:** MEM; \$230 **PRO:** \$250

## Swim Prices

### Parent Child Class Prices:

Weekdays: **MEM:** \$60 **PRO:** \$85

Saturdays: **MEM:** \$37 **PRO:** \$55

### Preschool Class Prices:

Weekdays: **MEM:** \$70 **PRO:** \$95

Saturdays: **MEM:** \$45 **PRO:** \$65

## M - TH

**May 24 – June 3** \*no lessons May 31

\*COA: April 13 • MEM: April 15 • PRO: April 22

**June 7 – June 17**

\*COA: April 13 • MEM: April 15 • PRO: April 22

**June 21 – July 1**

\*COA: May 11 • MEM: May 13 • PRO: May 20

**July 5 – July 15**

\*COA: May 11 • MEM: May 13 • PRO: May 20

**July 19 – July 29**

\*COA: June 15 • MEM: June 17 • PRO: June 24

**August 2 – August 12**

\*COA: June 15 • MEM: June 17 • PRO: June 24

## M/W or T/TH

**May 24 – June 17** \*no lessons May 31

\*COA: April 13 • MEM: April 15 • PRO: April 22

**June 21 – July 15**

\*COA: May 11 • MEM: May 13 • PRO: May 20

**July 19 – August 12**

\*COA: June 15 • MEM: June 17 • PRO: June 24

## SAT or SUN

**June 12 – July 11** \*no lessons July 3 - 4

\*COA: April 13 • MEM: April 15 • PRO: April 22

**July 17 – August 8**

\*COA: May 11 • MEM: May 13 • PRO: May 20

**August 14 – Sept 12** \*no lessons Sept 4 - 5

\*COA: June 15 • MEM: June 17 • PRO: June 24

\*Registration begins on these dates.



# Aquatics: Youth & Adult Lessons

## Youth Swim Lessons *ages 6-12*

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



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

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

**M/W:** 6:15 pm • **T/TH:** 6:15 pm • **M-TH:** 10:15 am, 3:30 pm

**SAT:** 10:00 am • **SUN:** 3:00 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:** 7:00 pm • **T/TH:** 6:15 pm • **M-TH:** 11:00 am, 4:15 pm

**SAT:** 9:30 am

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

**M/W:** 7:00 pm • **M-TH:** 11:00 am, 4:15 pm • **SAT:** 11:15 am

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

**T/TH:** 7:00 pm • **M-TH:** 11:45 am, 5:00 pm • **SAT:** 11:15 am

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

**T/TH:** 7:00 pm • **SAT:** 12:00 pm

## Adult Swim Lessons *ages 13+*

**Adult Beginner:** **T/TH:** 7:00 pm • **SAT:** 12:45 pm

**Adult Intermediate:** **SAT:** 12:00 pm

**Adult Advanced Clinic:** Not a swim lesson. A specialty class to help increase endurance and improve stroke technique.

Able to swim 25 yards non-stop on front and back with knowledge of all 4 strokes.

**M/W:** 1:00 - 2:00 pm • **MEM:** \$25 month **PRO:** \$75 month



## Private Swim Lessons

**Private/Semi-Private Swim Lesson:** *facility 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** (for 3 hours)

**Semi-Private \$230** (duo at \$115 each)

## Swim Prices

### Youth & Adult Class Prices:

**Weekdays:** MEM: \$70 PRO: \$95

**Saturdays:** MEM: \$45 PRO: \$65

### M - TH

**May 24 – June 3** \*no lessons May 31

\*COA: April 13 • MEM: April 15 • PRO: April 22

**June 7 – June 17**

\*COA: April 13 • MEM: April 15 • PRO: April 22

**June 21 – July 1**

\*COA: May 11 • MEM: May 13 • PRO: May 20

**July 5 – July 15**

\*COA: May 11 • MEM: May 13 • PRO: May 20

**July 19 – July 29**

\*COA: June 15 • MEM: June 17 • PRO: June 24

**August 2 – August 12**

\*COA: June 15 • MEM: June 17 • PRO: June 24

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\*COA: April 13 • MEM: April 15 • PRO: April 22

**July 17 – August 8**

\*COA: May 11 • MEM: May 13 • PRO: May 20

**August 14 – Sept 12** \*no lessons Sept 4 - 5

\*COA: June 15 • MEM: June 17 • PRO: June 24

\*Registration begins on these dates.

# Aquatics: Safety & Water Exercise Classes

## CPR Classes

**Community CPR/AED with Optional First Aid:** Includes CPR/AED and obstructive airway for infant, child/adult.

**CPR/AED only:** Saturdays, 9:00 am – 1:00 pm

**CPR/AED + First Aid:** Saturdays, 9:00 am – 6:00 pm

**American Safety & Health Institute Dates:**

May 15, June 19, July 24, Aug 14, Sept 18, Oct 16

**CPR/AED/First Aid:** MEM: \$75 PRO: \$85

**CPR/AED only:** MEM: \$60 PRO: \$70



**CPR for the Professional Rescuer with optional first aid:**

Includes Oxygen Administration, CPR/AED, rescue breathing, and obstructive airway for infant, child and adult.

*\*Required for lifeguards, swim instructors, water fitness instructors, YASA participants, and health care providers.*

**American Safety & Health Institute Dates:**

**CPRO only:** Saturdays, 9:00 am – 1:00 pm

**CPRO + First Aid:** Saturdays, 9:00 am – 6:00 pm

May 8, June 7, September 25

**CPRO + First Aid:** Monday or Tuesday 9:00 am – 6:00 pm

June 1, July 5

**CPRO only:** MEM: \$60 PRO: \$70

**CPRO + First Aid:** MEM: \$85 PRO: \$95



**CPR/FA Instructor Development Course:** An instructor level course in the American Safety & Health Institute CPR/AED, first aid, oxygen administration and blood-borne pathogens. *Participants must have current certification in first aid, oxygen administration, and CPR for the professional rescuer.*



## 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, 11:00 – 12:45 pm

## Masters Swim

**Masters Swim *ages 18+, facility members only:*** All skill levels invited and encouraged to participate.

TU/TH, 6:00 – 7:30 am

**Register for over 1,000 programs with our NEW Online Registration!**



# Aquatics: Lifeguard & Swim Instructor Classes

## Professional Training

**YMCA Lifeguard Training *ages 16+*:** You must attend all classes within the session– NO Exceptions! Classes include: CPRO, First Aid, AED & O2. Participants must be 16 years of age by the end of the course.

**Monday – Friday, 9:00 am – 5:00 pm (1 week)**

**June 7 – June 11 (June 7 CPRO) (ID 30487)**

**July 5 – July 9 (July 5 CPRO) (ID 30496)**

**Tuesday – Saturday, 9:00 am – 5:00 pm (1 week)**

**June 1 – June 5 (June 1 CPRO) (ID: 30495)**

**MEM: \$195 PRO: \$235**



**(YASA) Renewal *ages 14+*:** Must have current YASA and CPRO/FA certifications.

**Offered in the Fall**

**MEM: \$45 PRO: \$65**



**YMCA Swim Instructor (YSL) *ages 16+*:** Classes include: CPRO, First Aid, AED and O2.

**Classes are held Friday – Sunday**

**May 21: 5:00 – 10:00 pm, May 22 - 23: 9:00 – 6:00 pm**

**May 8th (CPRO) (ID 33688)**

**MEM: \$45 PRO: \$130**



## Certified Pool Operator (CPO):

Certification program provides standardized training in:

- Water chemistry, testing, chemical additions & safety
- Circulation & Filtration
- Energy management
- Safety Considerations
- Pool Management / Preventative Maintenance
- Plus much more!
- Pool/Spa calculations for efficient operations
- Price includes textbooks & materials

**Offered in the Fall**

**MEM: \$295 PRO: \$325**



**Register online by clicking the blue links!**