

Swimming: Tot Lessons and More

Parent and Tot *ages 6-36 months with a parent:*

Thirty-minute classes. These aquatic programs give parents tools on how to develop their child's abilities, protect them from harm and encourage skills to build self-confidence. Designed for parent/child water fun! For safety reasons, we require swim diapers and plastic pants (available for purchase at the front desk) underneath swimsuits for children who are not potty-trained.

Weekdays, 1-4:	MEM \$50	PRO \$80
Weekday 5:	MEM \$38	PRO \$68
Saturdays 1-2:	MEM \$38	PRO \$68
Saturday 3:	MEM \$32	PRO \$62



Skipper *parents and tots ages 6-12 months:* These classes are designed to help you and your tot enjoy the water through game playing, sing songs, and blowing bubbles. We emphasize water safety, water adjustment skills, and basic swim movements.

M/W: 9:30 am • SAT: 10:00 am

Splash *parents and tots age 12-36 months:* For toddlers who need more of a challenge or who are trying to move independently in the water. Parents again review and learn additional information about aquatic safety. The instructor prepares the toddlers for the Pike classes..

M/W: 10:00 am • SAT: 10:30 am

Private Lessons

Private/Semi-Private Lessons *members only ages 3+:*

One-on-one instruction, for a range of swimming abilities. Lessons will be scheduled at the convenience of the member and the availability of the swim instructor. Please come to the Welcome Center to register. *Questions? Call Sarah Ernst 770-578-2801 or email at sarahe@ymcacobb.org.*

(6) 30-min. lessons • (4) 45-min. lessons • (3) 1-hr lessons
Private: \$125 2-people: \$90/person 3-people \$80/person

On-going Water Fitness *for members only!*

Hydroflex, Aquacise, Active Older Adults (60+), Deep Water, Water Sport, Stretch 'N Move, Aqua Sculpt, Arthritis (60+), Water Wake-Up, H2O Power.

View the Swim schedule online for days/times at mcy.ymcaatlanta.org.



At McCleskey-East Cobb YMCA

Sessions & Registration

Weekdays

(4 weeks • Twice a week)

Session 1: Jan 4 – Jan 28

Register: MEM Dec 3 • PRO Dec 8
Jan 18 classes (MLK), moved to Friday

Session 2: Feb 1 – Feb 25

Register: MEM Jan 21 • PRO Jan 23

Session 3: March 1 – March 25

Register: MEM Feb 18 • PRO Feb 23

Session 4: March 29 – April 29

Register: MEM March 18 • PRO March 23
No classes the week of Spring Break

Session 5: May 3 – May 20

Register: MEM April 15 • PRO April 20
This is only a 3-week session

Saturdays

(5 or 6 weeks)

Saturday 1: Jan 9 – Feb 13

Register: MEM Dec 3 • PRO Dec 8

Saturday 2: Feb 20 – March 27

Register: MEM Jan 21 • PRO Jan 23

Saturday 3: April 17 – May 15

Register: MEM March 23 • PRO March 25

Sarah Ernst

Aquatics Director
phone: 770-578-2801



Swimming: Preschool Swim Lessons

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

The Y is 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. *Please bring goggles to class!*

Weekdays, 1-4:	MEM \$50	PRO \$80	
Weekday 5:	MEM \$38	PRO \$68	
Saturdays 1-2:	MEM \$38	PRO \$68	
Saturday 3:	MEM \$32	PRO \$62	

Pike: This level helps children develop safe pool behavior and adjust to the water. This class is designed for new swimmers and will be taught basic paddling and kicking skills, pool safety, and help children learn to put their face in the water while blowing bubbles.

M/W or T/TH: 4:00 pm, 4:30 pm, 5:00 pm, 5:30 pm
SAT: 8:30 am, 9:00 am, 9:30 am

Pike 2: This class will work on getting the child more confident in the water by becoming comfortable swimming on their front and back. Students will develop independent movement, work more on putting their face in the water and being able to jump to the instructor.

M/W or T/TH: 4:00 pm, 4:30 pm, 5:00 pm, 5:30 pm
SAT: 8:30 am, 9:00 am, 9:30 am

Eel: This class is for children who have confidence in the water and can swim half of the pool using the beginner stroke and are comfortable getting their faces wet. Front gliding, kicking, bobbing and jumping into the water without assistance and performing the beginning freestyle and backstroke will be covered in class.

M/W: 4:00 pm, 5:00 pm • T/TH: 4:30 pm • SAT: 9:00 am

Ray: At this level children review previous skills, improve stroke skills, learn more about personal safety, freestyle with rotary breathing and beginning backstroke. Taught in the deep-end of the pool.

M/W: 4:30 pm • T/TH: 4:00 pm, 5:30 pm • SAT: 8:30 am

Starfish: An advanced class for children who can perform the freestyle and backstroke without assistance. Refine strokes, build endurance and introduce new strokes. Taught in the deep-end of the pool.

M/W: 5:00 pm • T/TH: 4:30 pm • SAT: 9:30 am



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Swimming: Youth-Adult Swim Lessons

Youth ages 6-13 • Teen/Adult ages 13+ 45-min.

The National YMCA Youth Swim Program is comprised of five main components; personal growth, personal safety, stroke development, water games and rescue. Each skill level builds upon the preceding level with five levels covering all strokes and safety skills. Students are taught aquatic/rescue skills. *Please bring goggles to class!*

Weekdays, 1-4:	MEM \$60	PRO \$90	
Weekday 5:	MEM \$45	PRO \$75	
Saturdays 1-2:	MEM \$45	PRO \$75	
Saturday 3:	MEM \$40	PRO \$70	

Poliwog: Beginners! Learn basic water adjustment and exploration skills to become more comfortable in the water. Skills include: blowing bubbles, putting faces in the water, kicking, floating, gliding and beginners freestyle. Ideal for children with no previous experience or those unable to put their faces in the water.

M/W: 4:00 pm, 5:00 pm • T/TH: 4:45 pm • SAT: 8:30 am

Guppy: This is an advanced beginner class for children who are comfortable in the water. Rotary breathing, freestyle and backstroke will be introduced.

M/W: 4:45 • T/TH: 4:00 pm, 5:30 • SAT: 9:15 am, 10:00 am

Minnow: Must be able to swim both the freestyle and backstroke for 25 yards without stopping. Refine strokes and introduce breaststroke and breathing techniques.

M/W: 4:00 pm, 5:00 pm • T/TH: 4:45 pm • SAT: 8:30 am

Flying Fish/Shark: At this level, students work on refining their strokes and increasing their endurance and will be introduced to the butterfly. Strokes are refined through drills and lap swimming to develop endurance.

M/W: 4:45 • T/TH: 4:00 pm, 5:30 • SAT: 9:15 am

Stroke Clinic: to be eligible, each child must be able to pass Flying Fish/Shark requirements. This is our most advanced class, which focuses on the four major strokes (freestyle, backstroke, breaststroke, and butterfly) we will incorporate drills to improve stroke technique, work on appropriate turns, starts and breathing skills while building endurance and having fun!

M/W: 6:15 pm • T/TH: 6:15 pm • SAT: 10:00 am

Adults: Teens/adults (afraid of or uncomfortable in the water) who would like to improve their strokes and endurance.

M/W: 6:15 pm • T/TH: 6:15 pm • SAT: 10:45 am



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