

Swimming

Register online now!

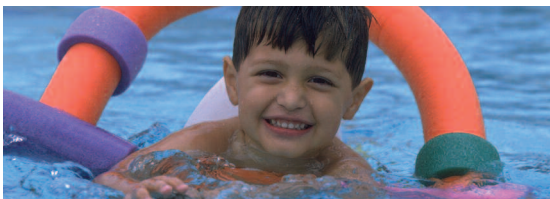
Weekdays

Session 1, 2: MEM: \$52.50 PRO: \$63.75
Session 3, 4: MEM: \$70 PRO: \$85



Saturdays, Sundays

Session 6, 8: MEM: \$35 PRO: \$42.50
Session 5, 7, 9: MEM: \$52.50 PRO: \$63.75



SESSIONS DATES

M/W or T/TH • 2 days/week

Session 1: Jan 9 - Jan 26
Session 2: Feb 6 - Feb 23
Session 3: March 5 - March 29
Session 4: April 9 - May 3

Saturdays • 1 day/week

Session 5: Jan 7 - Feb 18
Session 6: March 3 - March 24
Session 7: April 14 - May 19

Sundays • 1 day/week

Session 8: March 4 - March 25
Session 9: April 15 - May 20

PARENT/CHILD children ages 6-36 months

Tot: This class is not intended to teach children to swim. Games, songs and water movements are introduced.

M/W: 11:00 am
SAT: 10:00 am

PRESCHOOL children ages 3-5 years

Pike-Beginner: Bubble blowing, front and back float with support, submerging head independently in water with flotation. Swim 5 yards without assistance.

M/W: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm
T/TH: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm
SAT: 9:00 am, 10:00 am, 11:00 am • SUN: 1:30 pm, 2:30 pm

Eel-Intermediate: Swims independently 15 yards to the instructor and back to wall. Learn strokes and breathing.

M/W: 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm
T/TH: 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm
SAT: 9:00 am, 10:00 am, 11:00 am • SUN: 1:30 pm, 2:30 pm

Ray-Advanced: Build endurance and learn to tread water.
Starfish-Advanced: Children who can perform front and back crawl with no assistance. Refine stroke and skills.
T/TH: 6:30 pm • SAT: 11:00 am

COMMUNITY CLASSES

Lifeguard Classes: Red Cross: Feb 20-26, Apr 20-29, June 2-6
YMCA: Mar 15-25, Apr 2-7, May 11-20
MEM: \$210 PRO: \$260 call 678-880-3513 for times and pre-requisites.

COMMUNITY CLASSES - continued

Basic Water Safety:
February 11 or April 15: 4:00 - 8:00 pm
MEM: \$45 PRO: \$55

CPR & AED: January 14, 1:00 - 6:00 pm
February 5, 1:30 - 6:30 pm
March 9, 4:00 - 9:00 pm
April 7, 9:00 am - 2:00 pm
May 2, 1:00 - 6:00 pm
MEM: \$40 PRO: \$55

Basic First Aid: April 13: 4:00 - 8:00 pm
May 3: 5:00 - 9:00 pm
MEM: \$40 PRO: \$55

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YOUTH ages 6-12

Polliwog-Beginner: 20 feet without flotation.

M/W: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm
T/TH: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm
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Guppy-Advanced Beginner: 25 yards front & back crawl.

M/W: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm
T/TH: 10:00 am, 11:00 am, 4:30 pm, 5:30 pm, 6:30 pm
SAT: 9:00 am, 10:00 am • SUN: 1:30 pm, 2:30 pm

Minnow-Intermediate thru **Shark**-Advanced: There are 4 levels total (Minnow, Fish, Fly Fish, Shark). Swim 25 - 100 yards of each stroke (depending on level).

T/TH: 6:30 pm • SAT: 11:00 am

ADULTS ages 13+

Adult-Ages 13+: Beginners learning to swim.

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



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SWIM TEAM

Swim Team Development ages 3-16: This class is for swimmers who have been on a swim team or are preparing to be on a swim team. The focus will be on the four competitive strokes as well as turns and dives. Swimmers must be able to swim one length of the the pool.

Ages 3-10: M/W, 4:30 pm

Ages 6-14: T/H, 5:30 pm

Ages 8-14: M/W, 6:30 pm