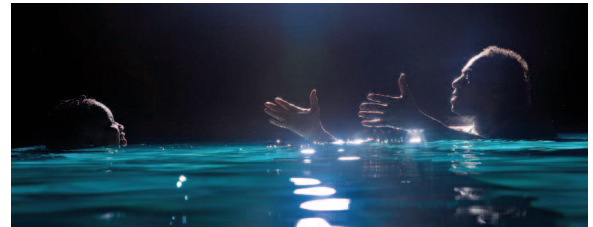


Aquatics

Register online now!

QUESTIONS? dianab@ymcaatlanta.org

Weekdays (8 lessons):	MEM: \$70	PRO: \$95
Saturday (6 lessons):	MEM: \$60	PRO: \$85
Sunday (6 lessons):	MEM: \$60	PRO: \$85
Swim & Gym (6 lessons):	MEM: \$105	PRO: \$125



PARENT/CHILD ages 6-36 months

Parent/Tot ages 6-24 months: Parent-assisted program designed to increase comfort in the water through games, songs and water movements are introduced.

M/W: 10:00 am, 6:30 pm (Jan -Feb) • M/W: 10:00 am, 6:00 pm (March-May)
T/TH: 10:00 am (Jan-May) • SAT: 8:30 am, 10:15 am, 11:40 am

Swim n Gym ages 6-36 months: Parent-assisted. Students will learn paddling & kicking skills in pool and in the gym conditioning exercises, working on large and small motor skills.
Saturdays: Gym 9:00 am • Pool 9:40 am (March-May)

Pike with Parent ages 24-36 months: Students will learn paddling, kicking on front & back, jumping in & returning to side, bubble blowing, all with aid & support & parent assisted.
SAT: 9:40 am, 11:05 am • SUN: 1:30 pm

PRESCHOOL ages 3-5 years

Pike (Beginner): Students will learn bubble blowing, putting face in water, kicking, paddling to/from wall with aid of flotation.

M/W or T/TH: 9:00 am, 3:15 pm (Jan-Feb) • M/W: 6:30 pm (Jan-Feb)

M/W or T/TH: 9:00 am, 3:30 pm, 6:00 pm (March-May)

SAT: 8:30 am, 9:05 am, 9:40 am, 11:30 am • SUN: 2:00 pm, 3:00 pm

Pike II (Advanced Beginner): This is for students that have been in Pike before and not quite ready for Eel.

T/TH: 6:30 pm (Jan-Feb)

Eel (Intermediate): Students will learn to swim independently w/breathing, jumping in & returning to wall, front & back float w/assistance.

M/W: 9:30 am, 3:15 pm, 6:30 pm (Jan-Feb) • T/TH: 9:30 am, 3:15 pm (Jan-Feb)

M/W or T/TH: 9:30 am, 3:00 pm, 6:00 pm (March-May)

SAT: 9:05 am, 11:30 am. • SUN: 2:30 pm

SWIM SESSION DATES

M/W or T/TH Classes

4-week sessions • 2 days a week

January 9 - February 2

Register... MEM: Dec 10 • PRO: Dec 17

February 6 - March 1

Register... MEM: Jan 14 • PRO: Jan 21

March 5 - March 29

Register... MEM: Feb 11 • PRO: Feb 18

April 2 - April 26

Register... MEM: March 10 • PRO: March 17

April 30 - May 24

Register... MEM: April 7 • PRO: April 14

Saturday or Sunday Classes

6-week sessions • 1 day a week

January 14 - February 19

Register... MEM: Dec 10 • PRO: Dec 17

February 25 - April 1

Register... MEM: Jan 14 • PRO: Jan 21

April 14 - May 20

Register... MEM: Feb 11 • PRO: Feb 18

Ray (Advanced): Students will learn to build endurance on front & back stroke & to tread water. *Ray/Starfish taught at the same time.

Starfish (Advanced): Students will learn rotary breathing, kneeling/standing dives/refine stroke/skills, and breast stroke.

M/W or T/TH: 3:15 pm • T/TH: 6:30 pm (Jan-Feb)

M/W or T/TH: 3:00 pm, 6:00 pm (March-May)

T/TH: 6:30 pm (March-May)

SAT: 9:05 am

YOUTH ages 6-12

Polliwog (Beginner): No Skills Required! Learn front crawl, front/back float, putting face in water, personal/boat safety.
T/TH: 6:30 pm (Jan-Feb) • T/TH: 6:30 pm (March-May)
SAT: 11:00 am • SUN: 12:45 pm

Guppy (Advanced Beginner): Students will learn to swim 25 yards, front crawl w/ rotary breathing & back w/ out assistance, tread water, kneeling dive.
M/W: 7:00 pm (Jan-Feb) • M/W: 6:30 pm (March-May)
SAT: 10:15 am • SUN: 12:45 pm

Minnow (Intermediate): Students will learn endurance, breast stroke, elementary back stroke standing dive.
T/TH: 7:00 pm (Jan-Feb) • T/TH: 6:30 pm (March-May)
SAT: 10:15 am

Fish (Advanced Intermediate): Students will learn endurance on front & back, breast stroke, sidestroke, open turns, survival float, standing dive.
T/TH: 7:00 pm (Jan-Feb) • T/TH: 7:15 pm (March-May)
SAT: 12:15 am

Fly Fish (Advanced): Students will learn bilateral breathing, inverted scissors on side, intro to butterfly & flip turns; survival float 7 minutes; tread water 3 minutes.
T/TH: 7:00 pm (Jan-Feb) • T/TH: 7:15 pm (March-May)
SAT: 12:15 am

Shark (Advanced): Students will learn to swim 50 yards of front & back crawl, breaststroke, butterfly & swim underwater. Lifesaving skills & surface dives.
T/TH 7:00 pm (Jan-Feb) • T/TH: 7:15 pm (March-May)
SAT: 12:15 am

ADULT ages 13+

Adult (Beginner): Learn to be comfortable in the water, breathing control, floating, basic stroke techniques.
T/TH 7:00 pm (Jan-Feb) • T/TH: 7:15 pm (March-May)
SAT: 12:15 pm (beginner) 1:00 pm (intermediate)

Y Tri (Refinement): Triathlon training.
M/W 7:00 pm (Jan-Feb) • M/W: 6:30 (March-May)

Masters Swim ages 18+: Must be able to swim proficiently
T/TH: 6:00 am – 7:00 am • 4 week sessions • \$25/session



SPECIALTY SWIM

Swim Team & Swim Team Prep ages 5-18: The Buckhead Barracudas Swim Team runs September to February. The team practices at the YMCA and competes against other YMCA's in weekend meets.

Stroke Clinic ages 5-18: Students will work on stroke refinement and endurance, flip turns and starts. This class will prepare students for summer swim league.

M/W or T/TH (March-May)
Ages 5-6: 4:00 - 4:30 pm
Ages 7-9: 4:30 - 5:15 pm
Ages 10+: 5:15 - 6:00 pm

PRIVATE LESSONS facility members only

Three-1 hour, six-1/2 hour
or four-45 minute lessons

Private Lessons: \$150
Semi-private Lessons: \$115/person
Wee Three Private lessons: \$90/person

Stop by the front desk to pick up your Private Swim lesson request. Please allow 10 days processing time once request form is submitted.

Adaptive (One-on-One): This program provides adapted techniques to teach basic aquatic skills to individuals of all ages with disabilities. Participants are paired with a swim buddy to ensure one-on-one coaching.
Fridays, 4:30 pm