

# Aquatics: Parent/Child & Preschool

Weekdays (8 lessons):	<b>MEM:</b> \$60	<b>PRO:</b> \$80
Saturday (8 lessons):	<b>MEM:</b> \$60	<b>PRO:</b> \$80
Sunday (6 lessons):	<b>MEM:</b> \$45	<b>PRO:</b> \$60
Swim & Gym (8 lessons):	<b>MEM:</b> \$105	<b>PRO:</b> \$125



## Parent/Child *ages 6-36 months*

**Parent/Tot *ages 6-24 months:*** This class is not intended to teach children to swim, but orient them to the water. Games, songs and water movements are introduced.

M/W: 10:00 am, 6:30 pm • T/TH: 10:00 am

SAT: 8:30 am, 10:15 am, 11:40 am

**Swim n Gym *ages 6-36 months:*** Swim skills with the addition of 30 minutes in the gym doing conditioning exercises, working on large and small motor skills.

Saturdays: Gym 11:00 am • Pool 11:40 am

**Pike with Parent *ages 24-36 months:*** Bubble blowing, front and back float with support. Parent/Child class.

SAT: 9:40 am, 11:05 am • SUN: 1:30 pm

## Preschool *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 or T/TH: 9:00 am, 3:30 pm, 6:30 pm

SAT: 8:30 am, 9:05 am (2), 9:40 am, 11:30 am

SUN: 2:00 pm, 3:00 pm

**Eel (Intermediate):** Swims independently 15 yards to the instructor & back to the wall. Learn strokes & breathing.

M/W: 9:30 am, 4:00 pm, 6:30 pm

T/TH: 9:30 am, 4:00 pm, 6:45 pm

SAT: 9:05 am, 11:30 am • SUN: 2:30 pm

**Ray (Advanced):** Build endurance; learn to tread water.

M/W: 3:00 pm, 3:30 pm • T/TH: 3:00 pm, 6:30 pm

SAT: 9:05 am

**Starfish (Advanced):** Children who can perform front & back crawl with no assistance. Refine stroke and skills.

M/W: 3:00 pm, 3:30 pm • T/TH: 3:00 pm, 6:30 pm

SAT: 9:05 am

## Swim Session Dates

### M/W or T/TH Classes

*4-week sessions • 2 days a week*

**September 7 – September 30**

Register... MEM: Aug 7 • PRO: Aug 14

**October 4 – October 28**

Register... MEM: Sept 11 • PRO: Sept 18

**\*November 1 – December 2**

Register... MEM: Oct 9 • PRO: Oct 16

**\*\*December 6 – December 17**

Register... MEM: Oct 9 • PRO: Oct 16

### Saturday Classes

*8-week sessions • 1 day a week*

**September 11 – October 30**

Register... MEM: Aug 7 • PRO: Aug 14

**November 6 – December 18**

Register... MEM: Oct 9 • PRO: Oct 16  
*(6-week class)*

### Sunday Classes

*8-week sessions • 1 day a week*

**September 12 – October 31**

Register... MEM: Aug 7 • PRO: Aug 14

**November 7 – December 19**

Register... MEM: Oct 9 • PRO: Oct 16

**\*No classes week of Thanksgiving**  
**\*\* 2-week mini-session is half price!**



# Aquatics: Youth & Adult

## Youth Classes *ages 6-12*

**Polliwog (Beginner):** No Skills Required! Learn front crawl, front and back float, putting face in water, personal/boat safety.

T/TH: 7:00 pm • SAT: 11:00 am • SUN: 12:45 pm

**Guppy (Advanced Beginner):** 15 yards without assistance.

M/W: 7:00 pm • SAT: 10:15 am • SUN: 12:45 pm

**Minnow (Intermediate):** 25 yards front/back crawl; tread 30 seconds.

M/W: 7:00 pm • SAT: 10:15 am

**Fish (Advanced Intermediate):** 2 lengths front and back crawl with good form and complete a standing dive.

T/TH: 7:00 pm • SAT: 12:10 pm

**Fly Fish (Advanced):** 2 lengths front and back crawl, breaststroke in succession; survival float 7 minutes; tread water 3 minutes.

T/TH: 7:00 pm • SAT: 12:10 pm

**Shark (Advanced):** Excellent front and back crawl, breast stroke and butterfly and swim underwater.

T/TH: 7:00 pm • SAT: 12:10 pm

**Swim Team & Swim Team Prep *ages 6-18*:** The Buckhead Barracudas Swim Team runs September to February. The team practices at the YMCA and competes against other YMCA's in weekend meets.

Registration begins August 14

## Adults *ages 13+*

**Adult (Beginner):** Beginners learning to swim.

M/W: 7:45 pm • SAT: 12:15 pm (beginner)

SAT: 1:00 PM (intermediate)

**Y Tri (Refinement):** Triathlon training for refinement/endurance.

M/W: 7:00 pm

## Private Lessons *facility members only*

**Private Lessons:** \$125

**Semi-private Lessons:** \$90/person



## Swim Session Dates

### M/W or T/TH Classes

*4-week sessions • 2 days a week*

**September 7 – September 30**

Register... MEM: Aug 7 • PRO: Aug 14

**October 4 – October 28**

Register... MEM: Sept 11 • PRO: Sept 18

**\*November 1 – December 2**

Register... MEM: Oct 9 • PRO: Oct 16

**\*\*December 6 – December 17**

Register... MEM: Oct 9 • PRO: Oct 16

### Saturday Classes

*8-week sessions • 1 day a week*

**September 11 – October 30**

Register... MEM: Aug 7 • PRO: Aug 14

**November 6 – December 18**

Register... MEM: Oct 9 • PRO: Oct 16  
(6-week class)

### Sunday Classes

*8-week sessions • 1 day a week*

**September 12 – October 31**

Register... MEM: Aug 7 • PRO: Aug 14

**November 7 – December 19**

Register... MEM: Oct 9 • PRO: Oct 16

\*No classes week of Thanksgiving  
\*\* 2-week mini-session is half price!