

Aquatics: Tot & Preschool Lessons

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

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

M/W, 10:00 – 10:30 am

SAT, 9:00 – 9:30 am

Preschool Swim Lessons *ages 3-5*

Thirty minute classes.

Pike I (Beginner I): No skills required. Must be ready for group setting without parent.

M/W: 10:45 – 11:15 am • 4:00 – 4:30 pm

TU/TH: 4:00 – 4:30 pm

SAT: 9:45 – 10:15 am

Pike II (Advanced Beginner II): Enjoys blowing bubbles, submerging head completely, comfortable with front and back float, jumps without assistance, and independent with floatation.

M/W: 4:45 – 5:15 pm

T/TH: 10:00 -10:30 am

Eel (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.

TU/TH: 10:45 – 11:15 am

SAT: 10:30 – 11:00 am

Ray/Starfish (Advanced): Completed skills required for Eel plus swims at least 15 yards. May be able to swim a modified front crawl, elementary backstroke and tread water.

TU/TH: 4:45 – 5:15 pm

SAT: 11:15 – 11:45 am



Session Dates

Weekday Lessons: 4-wk sessions • 2-days a wk

Weekend Lessons: 4-wk sessions • 1-day a wk

June 1 – June 26

MEM: May 17* • PRO: May 24*

July 5 – July 31

MEM: June 21* • PRO: June 28*

August 2 – August 28

MEM: July 19* • PRO: July 26*

Parent Child Classes:

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

Weekends: MEM: \$37 PRO: \$55

Preschool Classes:

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

Weekends: MEM: \$45 PRO: \$65

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Private Swim Lessons

Private/Semi-Private Swim Lesson:
members only: Session consists of six, thirty-minute lessons.

MEM: Private \$150 (*for 3 hours*)

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

Aquatics: Youth/Adult Lessons & More

Youth Swim Lessons *ages 6-12*

Classes are 45 minutes.

Polliwog I (Beginner): No skills required.

M/W: 4:30 – 5:15 pm

SAT: 9:00 – 9:45 am

Guppy (Intermediate 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: 5:30 – 6:15 pm

SAT: 10:00 – 10:45 am

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

SAT: 10:45 – 11:30 am

Adult Swim Lessons *ages 13+*

Adult Beginner/Intermediate: No skills required.

SAT: 11:30 am – 12:15 pm

Private Swim Lessons

Private/Semi-Private Swim Lesson: *members only:*

Session consists of six, thirty-minute lessons.

MEM: Private \$150 (*for 3 hours*)

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

Swim Team

YMCA Swim Team – Summit Titans: The swim team will compete in meets against other YMCA swim teams in Metro Atlanta.

Practice schedule to be posted in January.

Sessions run monthly

MEM: \$65 PRO: \$90



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June 1 – June 26

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MEM: July 19* • PRO: July 26*

Youth & Adult Classes:

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

Weekends: MEM: \$45 PRO: \$65

Lifeguard Training

YMCA Lifeguard Training *ages 16+:* You must attend all classes within the session. Classes include: CPRO, First Aid, AED & O2. Participants must be 16 years of age by the end of the course

Restarts in the Fall