

Aquatics: Parent/Child & Preschool Lessons

Swim Lessons

Group Lessons: MEM \$40 PRO \$60



Parent/Child Lessons *ages 6 - 36 months • 30 min.*

Parent/Tot *parents and tots ages 6-36 months:* Songs, game playing and blowing bubbles. Water safety, adjustment skills and basic swim movements.

SAT: 9:00 am

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

Beginner I (Pike)– Designed for new swimmers. Basic paddling/kicking skills, pool safety and learning to put their face in the water while blowing bubbles.

Beginner II (Eel) – Can float on front and back with assistance, can swim 5 feet without flotation, can put face into water.

Advanced I (Ray) Skills required – Swims without flotation belt, glides and floats, jumps in water and swims to wall, swims a distance of 15 feet.

Advanced II (Starfish) Skills required – Can swim modified front crawl and elementary backstroke, can tread water.

M/W: 5:30 pm* (beginners) or 6:00 pm* (advanced)
*(The above classes run only thru - September)

T/TH: 5:30 pm (beginners) or 6:00 pm (advanced)

SAT: 9:00 pm (beginners and advanced)

SUN: 12:30 pm (beginners and advanced)

Private/Semi Private Lessons *members only*

Consists of three hours of instruction; 6-30 minutes, 4-45 minute or 3-1 hour lessons.

Private (1 to 1): \$90

Semi-Private: \$120 (*at least 2 in a class at \$60 per person*)

Call to schedule private lessons with Joy Smith, 404-581-4978.



In 1908, 3,330 people drown in America. The next year, with help of Candian, George Corsan, the YMCA set out to teach "American's to Swim".

Sessions & Registration

Weekdays

(4 weeks • Twice a week)

June 1 - June 25

Registration deadline: May 27

July 5 - July 29

Registration deadline: July 1

August 2 - August 26

Registration deadline: July 29

September 6 - September 30

Registration deadline: September 2

Saturdays

(8 weeks • Once a week)

July 10 - August 28

Registration deadline: July 8

September 11 - October 30

Registration deadline: September 9

Sundays

(8 weeks • Once a week)

May 2 - June 20

Registration deadline: April 29

July 11 - August 29

Registration deadline: July 8

**Register for over 3,000 programs
with our NEW Online Registration!**



Aquatics: Youth & Adult Lessons and More

Swim Lessons

Group Lessons: MEM \$40 PRO \$60



Youth Classes *ages 6-14 • 45-minutes*

Beginner I (Polliwog): No skills required.

Beginner II (Guppy): Skills required.

Advanced I (Minnow): Skills required.

Advanced II (Fish): Skills required.

M/W: 5:30 pm (beginners) or 6:15 pm (advanced)

T/TH: 5:30 pm (beginners) or 6:15 pm (advanced)

SAT: 9:30 am (beginners and advanced)

SUN: 1:15 pm (beginners and advanced)

Stroke Clinic *age 6-14:* Learn all four competitive strokes. Instructor will not be in the water so all participants must have passed the Minnow or Fish swim level. Includes: starts, turns, and finishes.

See flyers or our website for more Information

Adult Classes *ages 15+ • 45-minutes*

Beginners • Intermediate • Advanced

T/TH: 7:00 pm (beginners - advanced)

SAT: 9:30 am (beginners - advanced)

Personal Training

Water Works Personal Training- See flyers or go to our website for more information.

Aqua Fitness Classes

Aquatics H20- Designed for arthritis sufferers of all ages and other joint disease sufferers.

Aqua Fit- A cardio vascular & strength training workout.

Deep Water Aerobics- Our most advanced class; many levels of cardiovascular endurance exercises. *View the Swim schedule online for days/times at swy.ymcaatlanta.org*



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