

Aquatics

Register online now!

SWIM LESSIONS

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.

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 drowned 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)

January 4 - January 27

Registration deadline: December 30

February 1 - February 24

Registration deadline: January 27

March 1 - March 24

Registration deadline: February 24

April 5 - April 28

Registration deadline: March 31

Saturdays

(8 weeks • Once a week)

January 8 - February 26

Registration deadline: December 31

March 5 - April 23

Registration deadline: February 24

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

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SWIM LESSIONS

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.

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 – Achieve and maintain your desired fitness level through strength training, cardiovascular conditioning and weight management. Contact Blanche Payne for an appointment.

MEM only: \$200 for ten 30-minute sessions

AQUA FITNESS CLASSES

Senior Pool Pals– Designed for arthritis sufferers of all ages and other joint disease sufferers.

Aqua Fit– A cardio vascular & strength training workout.

Deep Water Combo– 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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