

# Aquatics

Register online now!

Welcome to the J.M. Tull-Gwinnett Family YMCA's Swim Program. Our goal is to offer quality swim instruction in an environment that is safe, clean and fun. We have trained, qualified and dedicated instructors whose responsibilities include teaching swim skills and providing opportunities for each child to develop mentally, physically and spiritually. Swimming is an individual activity and each child will progress according to his or her own ability.

## PARENT-CHILD LESSONS

**30-minute classes for ages 6-36 months offered...**

**Monday Only: 10:15 am • M/W: 4:30 pm**

**SAT: 11:15 am, 12:45 pm**

**Parent/Child ages 6-36 months with a parent:** This 30-minute class encourages the child's independence in water with parent assistance, emphasizes basic aquatic safety and provides a positive learning environment.

**Two Much Fun ages 2-3 years with a parent:** This 30-minute, parent-assisted class, children will be taken through the same curriculum as the Pike 1 preschool level, with a parent in the water to assist with instruction.

## PRESCHOOL LESSONS 3-5 years

**30-minute classes for ages 3-5 offered...**

**M/W: 4:00 pm, 4:30 pm**

**SAT: 9:30 am, 10:45 am**

**SUN: 1:30 pm, 2:00 pm**

**Beginner (Pike I):** Water readiness. No skills required.

**Advanced Beginner (Pike II):** Can blow bubbles, submerge, front and back float with assistance.

**Intermediate (Eel):** Can float on back and front with assistance, puts face in water and swims 5 ft. without flotation.

**Advanced (Ray/Starfish):** Swims without flotation belt, glides and floats, jumps in water and swims to wall.



## SESSION DATES



### Monday Only Classes

8-weeks • 1 day a week (8 classes)

Session: Jan 9 - Feb 27 (7 classes)

Session: March 5 - April 30 (no class 4/2)

### M/W Classes

4-weeks • 2 days a week (8 classes)

Session: Jan 9 - Feb 1 (8 classes)

Session: Feb 6 - Feb 29

Session: March 5 - March 28

Session: April 9 - May 2

Session: May 7 - May 23

### Saturday Classes 1 day a week (4 classes)

Session: Jan 14 - March 3 (8 classes)

Session: March 10 - March 31

Session: April 14 - May 5

Session: May 12 - June 9 (no class 5/26)

### Sunday Classes 1 day a week (4 classes)

Session: Jan 15 - March 4 (8 classes)

Session: March 11 - March 25 (3 classes)

Session: April 15 - May 6 (no class 4/1)

Session: May 20 - June 24 (no class 5/27 or 6/17)

### TU-F/M-TH Summer Session 2 weeks (8 classes)

Session: May 29 - June 1 + June 4-7

9:15 am - 5:00 pm (see schedule for offerings)

## Swim Session Fees

8 Classes: MEM: \$70 PRO: \$90

7 Classes: MEM: \$63 PRO: \$77

6 Classes: MEM: \$54 PRO: \$66

4 Classes: MEM: \$36 PRO: \$44

3 Classes: MEM: \$26 PRO: \$33

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## YOUTH LESSONS ages 6-12

45-minute classes for ages 6-12 years offered...

M/W: 5:00 pm, 5:45 pm

SAT: 10:00 am, 11:15 am, 12:00 pm

SUN: 2:30 pm, 3:15 pm, 4:00 pm

**Beginner** (Polliwog): No skills required!

**Advanced Beginner** (Guppy): Put face in water, float and paddle without assistance.

**Intermediate** (Minnow): Swims one length (25 yards) of the pool front crawl with rotary breathing and backstroke and survival float for one minute.

**Advanced Intermediate** (Fish): Excellent front crawl and backstroke, coordination in breaststroke and butterfly, survival float for 15 minutes, tread for 4 minutes.

**Advanced** (Fly Fish/Shark): Excellent front crawl and backstroke, coordination in breaststroke and butterfly, survival float for 15 minutes, tread for 4 minutes.

**Stroke Clinic ages 6+:** 45-minute class to refine basic swimming strokes. Must be able to swim one length of freestyle and one length of backstroke prior to this class.

SAT: 9:15 am

1st week: Freestyle      2nd week: Back

3rd week: Breast        4th week: Fly

MEM: \$50 PRO: \$65

## ADULT

**Adult ages 13+:** No skills required. 45-minute classes with a minimum number of participants is four. Taken at a slow pace, participants will learn to overcome fears in a safe and supportive environment. Participants will learn rudimentary front and back crawl strokes, front and back floats, treading water and proper breathing techniques.

Mondays Only: 10:45 am • M/W: 6:30 pm

SAT: 12:00 pm • SUN: 4:00 pm



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## PRIVATE SWIM LESSONS

**Private Swim Lessons members only ages 3+:** Students receive 4 one-on-one half-hour lessons with a certified swim instructor on a monthly basis. Please fill out a registration form and an instructor will contact you as soon as one becomes available.

Private lessons: \$130 Semi-private lessons: \$95 each  
Pool Buddies \$65 per child (4, 30-min. classes) \*min 3 kids!

## LIFEGUARDING

**Lifeguarding Classes ages 16+:** Participants need to be able to swim 500 yards without stopping, including the front crawl, breaststroke and backstroke with inverted Breaststroke kick. Students must be on time and attend every class meeting for successful course completion, including CPR for the Professional Rescuer, AED, Oxygen Provider and First Aid Certification Classes.

CPRO: March 3 – 8:30 am – 4:00 pm

Tuesday – Thursday, March 6 – April 12

6:00 pm – 9:00 pm (no class April 3 & 5)

CPRO: June 9, 8:30 am – 4:00 pm

Monday – Friday, June 18 – 22 5:00 pm – 9:00 pm

& June 23 9:00 am – 6:00 pm

MEM: \$200 PRO: \$250



## POOL TIMES

**Lap Swim Time:** At least one lap lane open at all times.

**Open Swim:** Spend time with your family, work out on your own or walk/run in water to rehabilitate injuries.

Check schedules online at [tgy.ymcaatlanta.org](http://tgy.ymcaatlanta.org) go to Programs and "Schedules."

## SWIM CLUB

**50 Mile Swim Club:** Track your pool laps on our FitLinxx and when you reach 50 miles, get a free t-shirt! Start anytime! Call Chip at 770-513-5948 to sign up.

## POOL & PLAY

**Pool & Play ages 7+:** The pool party includes 1 hour in the pool with a lifeguard and use of the Youth and Teen Center for coordinating the festivities. Call 770-513-5948.

Saturdays, 1:15 – 3:15 pm & 3:30 – 5:30 pm

\$130 for 15 or less; \$7/person for 16+



## SWIM TEAM

**Blue Dolphins Swim Team:** Our team is part of the Metro Atlanta YMCA Swim League. No practices week of Spring Break (April 4 – 8). Swimmers, 10 years of age and under, wishing to join the team must be able to perform 1 length freestyle and 1 length backstroke. Swimmers, ages 11–18, must be able to perform 1 length freestyle, backstroke and breaststroke. Info packets can be found at [tgy.ymcaatlanta.org](http://tgy.ymcaatlanta.org)

### 10 & under Practice:

Tuesday, Thursday & Friday, 4:45 – 5:45 pm

### 11–18 Practice:

Tuesday, Thursday & Friday, 5:45 – 6:45 pm

### Winter Session I:

January 10 – February 24

MEM: \$110 PRO: \$140



### Winter Session II (practice only):

March 6 – May 4

No practice during Spring Break (April 2 – 6)

MEM: \$115 PRO: \$145

## SWIM INSTRUCTOR

### CPRO Swim Instructor ages 16+:

Must attend all classes. CPRO\*: Saturdays.

\*March 3: 8:30 am – 4:00 pm

March 9: 6:00 pm – 10:00 pm

March 10: 9:00 am – 6:00 pm

March 11: 11:00 am – 6:00 pm

\*May 12: 8:30 am – 4:00 pm

May 18: 6:00 pm – 10:00 pm

May 19: 9:00 am – 6:00 pm

May 20: 11:00 am – 6:00 pm