

Aquatics: Preschool Swim Lessons

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...

M-TH: 9:15 am - 5:00 pm (Check with registration for scheduling)

M/W: 10:15 am, 5:15 pm • SAT: 9:30 am

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: In 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-TH: 9:15 am - 5:00 pm (Check with registration for scheduling)

M/W: 6:00 pm • SAT: 10:30 am, 11:45 am

SUN: 2:30 pm, 3:15 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.

Outdoor Pool Opens May 31st!

12:00 – 7:45 pm See Table of Contents for more info!



Session Dates

Monday-Thursday Classes

Mini: June 1 - June 10 (7 classes)

Session: June 14 - June 24

Session: June 28 - July 8

Session: July 12 - July 22

Session: July 26 - August 5

Monday/Wednesday Classes

Mini: May 10 - May 26 (6 classes)

Mini: June 2 - June 23 (6 classes)

Session: June 28 - July 21

Session: July 26 - August 11

Tuesday/Thursday Classes

Session: June 1 - June 24

Session: June 29 - July 22

Session: July 27 - August 12

Saturday Classes

Session: May 8 - June 26

Session: July 10 - August 29

Sunday Classes

Mini: May 16 - June 27 (6 classes)

Session: July 11 - August 29

Swim Session Fees

Mini 6: MEM \$52 PRO \$65

Mini 7: MEM \$60 PRO \$75

Sessions: MEM \$68 PRO \$85

Aquatics: Youth & Adult Swim Lessons

Youth Lessons *ages 6-12*

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

M-TH: 9:15 am - 5:00 pm (*Check with registration for scheduling*)

M/W: 6:30 pm • T/TH: 6:00 pm

SAT: 10:30 am, 11:45 am, • SUN: 2:30 pm, 3:15 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.

Special Offerings

Homeschool Lessons *age 3-12*: Have fun & learn to swim!

Tuesdays: Preschool: 12:45 pm • Youth: 1:15 pm, 2:00 pm
Jan 12 - Feb 16; Feb - 23 - Mar 30; April 13 - May 18

MEM: \$48 PRO: \$62 (call Chip at 770-513-5949)

Stroke Clinic: 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.

M-TH: 9:30 am, at the outdoor pool • SAT: 9:15 am

Adult Lessons

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.

M/W: 10:45 am, 6:30 pm • TU/TH: 6:45 pm

SAT: 12:30 pm • SUN: 4:00 pm



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Aquatics: Y Aquatic Programs

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!

Pool Times

Lap Swim Time: At least one lap lane open at all times. Check schedules online at tgy.ymcaatlanta.org, go to Programs and "Schedules."

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, 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 and contact Aquatic Office when done.

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 770-513-5949.

Available Saturdays from 1:15 - 3:15 pm & 3:30 - 5:30 pm
\$120 for 15 or less; \$7/person for 16+

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.

Tuesdays & Thursdays, 5:00 - 10:00 pm

June 2,3,4,7,8,9,10,11

CPRO: Saturday, June 5, 8:30 am - 2:00 pm

MEM: \$200 PRO: \$250



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Swim Team

Blue Dolphins Swim Team: Our team is part of the Metro Atlanta YMCA Swim League. No practices week of Spring Break (April 6 - 10). Swimmers, 10 years of age and under, who wish 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 will be handed out at the Parent's meeting.

Parent Meeting: Tuesday, August 17,
on pool deck

Summer Session:

August 17 - October 8

No practices week of Thanksgiving

Fall Session

October 12 - December 10

10 & under Practice:

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

11-18 Practice:

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

MEM: \$107 PRO: \$132

