

Aquatics: Y Aquatic Programs

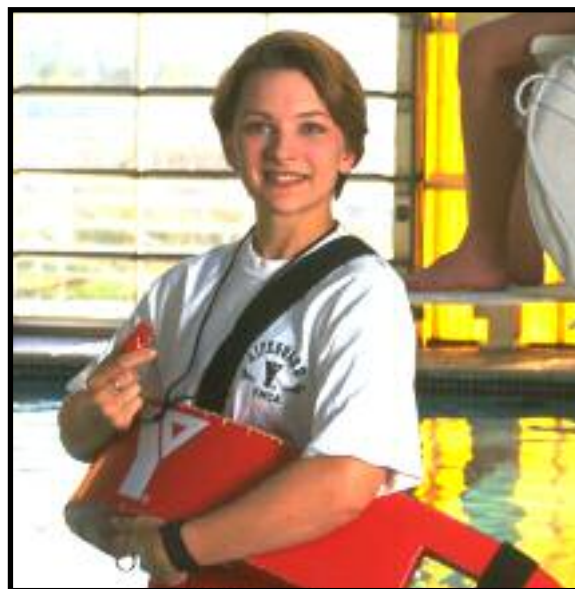
Lifeguarding

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: Saturday, Feb. 27, 8:30 am – 4:00 pm

Tuesday – Thursday, March 2-25, 5:00 – 10:00 pm

MEM: \$200 PRO: \$250



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 on Saturdays from

1:15 – 3:15 pm & 3:30 – 5:30 pm

\$120 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 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.

Fall Session 1

August 18 – October 9



Fall Session 2

October 13 – December 11

No practices the week of Thanksgiving, Nov. 23-27

Winter Session 3

Jan 12 – March 5 • March 9 – April 27

No practices the week of Spring Break, April 5-9

10 & under Practice:

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

11-18 Practice:

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

Parent Meetings: on pool deck

Oct 20 • Jan 12 • March 9

MEM: \$107 PRO: \$132