



Cobb County...Expect the Best!

Central Aquatic Center

520 Fairground St. SE

Swimming Lessons Summer 2019



Cobb County...Expect the Best!

Swim lesson registration for Cobb County residents will be held on Saturday, May 4, 2019 @ 9 am. Weekday sessions will meet six times (twice a week) and Saturday Classes will meet for 6 Saturdays.

To register online:

- You must have an existing account or create one online at cobbparks.org
- To check on your account and information on how to log into the registration system, please contact your closest pool

Session 1	May 28 - June 13	<u>Registration for Cobb County Residents</u>	
Session 2	June 17 - July 3	May 4	9:00 am
Session 3	July 8 - 25		
Saturday 1	June 8 - July 20	(Non-Cobb Residents can register May 6 at 9:00am)	
Saturday 2	July 27 - August 31		

Note: Session 1: Monday/Wednesday classes will not meet on Monday, May 27 (Make-up class will be Friday, May 31).

Session 2: Tuesday/Thursday classes will not meet on Thursday, July 4 (Make-up class will be Friday, June 21).

Saturday 1: Saturday classes will not meet on July 6.

Withdrawal & Refund Policy: Cobb County PARKS registration fees are 100% refundable when the department cancels the activity. A participant wishing to withdraw from a class that has not been cancelled by the department must provide a request at least 7 days before the scheduled start of the class. They may receive 100% credit to the family's account or may request a refund. Within a week prior to the scheduled start of a class refunds/credits will not be given except for verified medical/hardship cases. Refunds for payment made by cash or check will be received approximately 2-4 weeks after the refund is requested.

Parent and Child Program \$40.00 Cobb County Residents \$65.00 Non-Cobb Residents

Parent Tot (ages 6 months to 3 years)

The Parent-Tot class is designed for children ages 6 months to 3 years old and must be accompanied by a parent or guardian in the water. The instructor guides the parent in teaching water adjustment skills such as Blowing Bubbles, Kicking, Pulling, going Under Water. Children are required to wear Swim Diapers. No disposable diapers please.

Time	Days	Session	Activity Code
9:00-9:30 AM	Tue/Thu	1	9897
9:00-9:30 AM	Tue/Thu	2	9898
9:00-9:30 AM	Tue/Thu	3	9899
8:15-8:45 AM	Sat	Sat 1	9896
8:15-8:45 AM	Sat	Sat 2	9981

Preschool Program \$40.00 Cobb County Residents \$65.00 Non-Cobb Residents

Tadpole (ages 3-5)

The Tadpole class is designed for the Pre-School aged child ages 3-5 years old that has a fear of the water or has no experience in the water. This class will introduce children to the water as well as basic water skills such as: Blowing Bubbles, Kicking, Floating and Submerging. To progress to the Minnow swim class, students must be able to fully submerge under water, float with support and have no fear of the water.

Time	Days	Session	Activity Code
9:45-10:15 AM	Tue/Thurs	1	9901
9:45-10:15 AM	Tue/Thurs	2	9902
9:45-10:15 AM	Tue/Thurs	3	9903
5:00-5:30 PM	Tue/Thurs	1	9904
5:00-5:30 PM	Tue/Thurs	2	9905
5:00-5:30 PM	Tue/Thurs	3	9906
9:00-9:30 AM	Sat	Sat 1	9900
9:00-9:30 AM	Sat	Sat 1	9983

Minnow (ages 3-5)

The Minnow class is for preschoolers who have some experience in the water. This class will work on Kicking, Gliding, Jumping in and Swimming on their Front and Back. To progress to the Seals swim class, students must float unassisted on their front and back, demonstrate bobbing and swim unassisted on their front for 3 body lengths with combined arm and leg action.

Time	Days	Session	Activity Code
10:30-11:00 AM	Tue/Thurs	1	9911
10:30-11:00 AM	Tue/Thurs	2	9909
10:30-11:00 AM	Tue/Thurs	3	9910
5:30-6:00 PM	Tue/Thurs	1	9908
5:30-6:00 PM	Tue/Thurs	2	9912
5:30-6:00 PM	Tue/Thurs	3	9913
9:45-10:15 AM	Sat	Sat 1	9907
10:30-11:00 AM	Sat	Sat 1	9914
9:45-10:15 AM	Sat	Sat 2	9984
10:30-11:00 AM	Sat	Sat 2	9985

Seals (ages 3-5)

The Seals class is designed for preschoolers who can already swim. This class will work on Alternating Arm and Leg action, Rhythmic Breathing, Water Safety, and Confidence in the water. This is the highest Preschool class and students will progress out of this class when they are ready for "Advanced Beginner" between ages 5 & 6.

Time	Days	Session	Activity Code
11:15-11:45 AM	Tue/Thurs	1	9917
11:15-11:45 AM	Tue/Thurs	2	9920
11:15-11:45 AM	Tue/Thurs	3	9921
6:30-7:00 PM	Mon/Wed	1	9916
6:30-7:00 PM	Mon/Wed	2	9918
6:30-7:00 PM	Mon/Wed	3	9919
10:30-11:00 AM	Sat	Sat 1	9915
10:30-11:00 AM	Sat	Sat 2	9986

LEARN TO SWIM PROGRAM \$80.00 Cobb County Residents \$105.00 Non-Cobb Residents

Beginner: Water Exploration (ages 5-15)

The Beginner class is designed for children 5 and up that are true Beginners, have a fear of the water or has no experience in the water. This class will teach Floating, Kicking, Breathing, and Submersion. To progress to the Advanced Beginner, students must be able to: float on their stomach and back without assistance, swim Freestyle for three body lengths, take a breath while swimming Freestyle, jump in and return to the side of the pool,

Time	Days	Session	Activity Code
11:00-11:50 AM	Mon/Wed	1	9950
11:00-11:50 AM	Mon/Wed	2	9951
11:00-11:50 AM	Mon/Wed	3	9953
6:00-6:50 PM	Tue/Thurs	1	9949
6:00-6:50 PM	Tue/Thurs	2	9952
6:00-6:50 PM	Tue/Thurs	3	9954
11:00-11:50 AM	Sat	Sat 1	9948
11:00-11:50 AM	Sat	Sat 2	9987

Advanced Beginner: Primary Skills (*must pass Beginner, ages 5½ - 15*)

The Advanced Beginner swim class is for children ages 5½ and up who are comfortable in the water and can swim for several body lengths without assistance. This class will build upon the skills taught in the Beginner class and introduce Rhythmic Breathing in Freestyle and the Backstroke. To complete this class and progress to Stroke Development participants must be able to: kick in the streamline position for five body lengths, take three breaths while swimming Freestyle, float on their back for 30 seconds, demonstrate the rotary breathing technique, swim Elementary Backstroke for five body lengths, and perform a standing dive.

Time	Days	Session	Activity Code
12:00-12:50 PM	Mon/Wed	1	9956
12:00-12:50 PM	Mon/Wed	2	9958
12:00-12:50 PM	Mon/Wed	3	9960
7:00-7:50 PM	Mon/Wed	1	9957
7:00-7:50 PM	Mon/Wed	2	9959
7:00-7:50 PM	Mon/Wed	3	9961
12:00-12:50 PM	Sat	Sat 1	9955
12:00-12:50 PM	Sat	Sat 2	9988

Stroke Development: (must pass Advanced Beginner; ages 6-15)

The Stroke Development swim class is for children ages 6 and up who can swim 15 feet unassisted on their front and back, using any type of rhythmic breathing. This class will build upon the skills taught in the Advanced Beginner swim class and introduce Breaststroke, Diving, and Treading Water. Students should be comfortable in Deep Water. To progress to the Advanced Swimmer swim class students must be able to swim 25 yards Freestyle with rhythmic breathing, swim Backstroke for 25 yards and jump into deep water and Level off and swim without assistance.

Time	Days	Session	Activity Code
12:00-12:50 PM	Tue/Thurs	1	9963
12:00-12:50 PM	Tue/Thurs	2	9964
12:00-12:50 PM	Tue/Thurs	3	9965
7:00-7:50 PM	Tue/Thurs	1	9966
7:00-7:50 PM	Tue/Thurs	2	9967
7:00-7:50 PM	Tue/Thurs	3	9968
9:00-9:50 AM	Sat	Sat 1	9962
9:00-9:50 AM	Sat	Sat 2	9989

Advanced Swimmer: (must pass Stroke Development; ages 6-15)

The Advanced Swimmer class is for children ages 6 and up who can swim 25 yards unassisted on their front with rhythmic breathing and swim 25 yards on their back using a combined arm and leg action. This class will work on Stroke Technique and Endurance for all 4 competitive swimming strokes. To progress to the Pre-Competitive swim class students must demonstrate 50 yards of Freestyle with rhythmic breathing and swim 25 yards of Backstroke and Breaststroke.

Time	Days	Session	Activity Code
10:00-10:50 AM	Sat	Sat 1	9969
10:00-10:50 AM	Sat	Sat 2	9990

Pre-Competitive: (must pass Advanced Swimmer; ages 6-15)

The Pre-Competitive swim class is designed for those students who can swim 50 yards Freestyle with rhythmic breathing and 25 yards each of Backstroke and Breaststroke. This class will focus on Endurance, Starts, Turns, and overall Efficiency and Technique of all four competitive strokes. There are no exit skills for this class, as students will continue to improve on their strokes through more practice.

Time	Days	Session	Activity Code
11:00-11:50 AM	Sat	Sat 1	9970
11:00-11:50 AM	Sat	Sat 2	9991

Adult Program \$80.00 Cobb County Residents \$105.00 Non-Cobb Residents

Adult Basics (ages 15+)

The Adult Basic swim class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introduces freestyle, back crawl, introduction to deep water and basic water safety.

Time	Days	Session	Activity Code
7:00-7:50 PM	Tue/Thurs	1	9890
7:00-7:50 PM	Tue/Thurs	2	9891
7:00-7:50 PM	Tue/Thurs	3	9892
1:00-1:50 PM	Sat	Sat 1	9889
1:00-1:50 PM	Sat	Sat 1	9992

Adult Basics II (ages 15+)

The Adult Basic II class is designed to teach adults who have successfully completed Adult Basics 1. It will teach Freestyle, Backstroke and the introduction to deep water.

Time	Days	Session	Activity Code
12:00-12:50 PM	Sat	Sat 1	9893
12:00-12:50 PM	Sat	Sat 2	9993

Adult Stroke Development (age 15+)

The Adult Stroke Development swim class is for adults who can swim at least 50 yards of Freestyle without stopping, can swim Backstroke and Breaststroke and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

Time	Days	Session	Activity Code
11:00-11:50 AM	Sat	Sat 1	9895
11:00-11:50 AM	Sat	Sat 2	9994