



Cobb County...Expect the Best!



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West Cobb Aquatic Center

Swimming Lessons Summer 2019

Swim lesson registration for Cobb County residents will be held on Saturday May 19th, 2018 @ 2 pm.
Weekday sessions will meet six (6) times (twice a week) and Saturday Classes will meet for six (6) Saturdays.

Session 1 **June 3 – June 20**
Session 2 **July 8 – July 25**
Saturday **June 1 – July 6**

Registration for Cobb County Residents
May 4th at 9:00 am
(Non-Cobb Residents can register May 6th at 6 am)

Parent Tot (age 6mos-3yrs)

\$40 for residents / \$60 for non-residents

The 'Parent-Tot' class is designed for children from ages 6 months to 3 years old and they must be accompanied by an adult in the water. This class introduces the child to the water while teaching the Parent skills to help the child adjust to the water. These skills include Blowing Bubbles, Kicking, Pulling, and going Under Water. Children are required to wear Swim Diapers - No disposable diapers please.

9684	M,W	Jun 3 – Jun 19	9:00-9:30 AM	9686	Sat	June 1 – July 6	9:10-9:40 AM
9685	M,W	July 8 – July 24	9:00-9:30 AM				

Tadpole (age 3-5)

\$40 for residents / \$60 for non-residents

The 'Tadpole' class is designed for the Pre-School aged child ages 3-5 years old that 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 Gliding. 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.

9689	M,W	Jun 3 – Jun 19	9:35-10:05 AM	9706	T,Th	Jun 4 – Jun 20	6:00-6:30 PM
9690	M,W	July 8 – July 24	9:35-10:05 AM	9707	T,Th	July 9 – July 25	6:00-6:30 PM
9704	M,W	Jun 3 – Jun 19	6:00-6:30 PM	9930	T,Th	Jun 4 – Jun 20	6:35-7:05 PM
9705	M,W	July 8 – July 24	6:00-6:30 PM	9931	T,Th	July 9 – July 25	6:35-7:05 PM
9693	Sat	June 1 – July 6	9:50-10:20 AM				

Minnow (age 3-5)

\$40 for residents / \$60 for non-residents

The 'Minnow' swim class is designed for the Pre-School aged child (3-5) who have some experience in the water. This class will work on Gliding, Jumping 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.

9694	M,W	Jun 3 – Jun 19	10:30-11:00 AM	9696	T,Th	Jun 4 – Jun 20	10:30-11:00 AM
9695	M,W	July 8 – July 24	10:30-11:00 AM	9697	T,Th	July 9 – July 25	10:30-11:00 AM
9708	M,W	Jun 3 – Jun 19	6:00-6:30 PM	9710	T,Th	Jun 4 – Jun 20	6:00-6:30 PM
9709	M,W	July 8 – July 24	6:00-6:30 PM	9711	T,Th	July 9 – July 25	6:00-6:30 PM
9698	Sat	June 1 – July 6	10:30-11:00 AM				

Seals (age 3-5)

\$40 for residents / \$60 for non-residents

This class is designed for preschool aged child (3-5) who can already swim. This class will work on alternating arm and leg action, rhythmic breathing 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.

9699	M,W	Jun 3 – Jun 19	11:10-11:40 AM	9701	T,Th	Jun 4 – Jun 20	11:10-11:40 AM
9700	M,W	July 8 – July 24	11:10-11:40 AM	9702	T,Th	July 9 – July 25	11:10-11:40 AM
9712	M,W	Jun 3 – Jun 19	6:35-7:05 PM				
9713	M,W	July 8 – July 24	6:35-7:05 PM				
9703	Sat	June 1 – July 6	11:10-11:40 AM				

BEGINNER Swim Class (age 5 & up)**\$80 for residents / \$120 for non-residents**

This class is designed for true Beginners. This class begins at age 5 for the child with no swimming experience or a child who has a fear of the water. This class will teach floating, kicking, blowing bubbles and submersion. To complete this Level Students must be able to float on their stomach and back, submerge fully under water and kick for 2 body lengths without assistance before progressing to 'Advanced Beginner'

9714	M,W	Jun 3 – Jun 19	11:50-12:40 PM	9715	T,Th	July 9 – July 25	11:50-12:40 PM
9717	M,W	Jun 3 – Jun 19	7:10-8:00 PM	9716	T,Th	July 9 – July 25	7:10-8:00 PM
9718	Sat	June 1 – July 6	11:50-12:40 PM				

ADVANCED BEGINNER (age 6-15)**\$80 for residents / \$120 for non-residents**

The Advanced Beginner Swim Class is for children ages 6 and up who are comfortable going Under Water and can Float without assistance. This class will build upon the skills taught in the Beginner class and introduce the Front Crawl and Backstroke. It will also include orientation to Deep Water. To complete this class and progress to 'Stroke Development' participants must swim 15 feet unassisted on their stomachs and on their backs, demonstrate taking a breath while swimming their front and be able to roll from front to back and back to front while swimming.

9721	M,W	July 8 – July 24	11:50-12:40 PM	9719	T,Th	Jun 4 – Jun 20	11:50-12:40 PM
9722	M,W	July 8 – July 24	7:10-8:00 PM	9720	T,Th	Jun 4 – Jun 20	7:10-8:00 PM
9723	Sat	June 1 – July 6	11:50-12:40 PM				

STROKE DEVELOPMENT (age 6-15)**\$80 for residents / \$120 for non-residents**

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 Front Crawl with Rhythmic Breathing, swim on their back for 25 yards and Jump into Deep Water and Level off and swim without assistance.

9724	M,W	Jun 3 – Jun 19	12:50-1:40 PM	9725	T,Th	July 9 – July 25	12:50-1:40 PM
9726	M,W	July 8 – July 24	8:05-8:55 PM	9727	T,Th	Jun 4 – Jun 20	8:05-8:55 PM
9728	Sat	June 1 – July 6	12:50-1:40 PM				

ADVANCED SWIMMER (age 6-15)**\$80 for residents / \$120 for non-residents**

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 Front Crawl with rhythmic breathing and swim 25 yards of Back Crawl and Breaststroke.

9729	M,W	July 8 – July 24	12:50-1:40 PM	9730	T,Th	Jun 4 – Jun 20	12:50-1:40 PM
9732	M,W	Jun 3 – Jun 19	8:05-8:55 PM	9733	T,Th	July 9 – July 25	8:05-8:55 PM
9731	Sat	June 1 – July 6	12:50-1:40 PM				

PRE-COMPETITIVE (age6-15)**\$80 for residents / \$120 for non-residents**

The 'Pre-Competitive' swim class is designed for those students who can swim 50 yards Freestyle with Rotary 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.

9734	T,Th	Jun 5 – Jun 21	7:10-8:00 PM	9735	T,Th	July 9 – July 25	7:10-8:00 PM
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ADULT BASICS**\$80 for residents / \$120 for non-residents**

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

9736	M,W	Jun 3 – Jun 19	7:10-8:00 PM
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ADULT STROKE DEVELOPMENT**\$80 for residents / \$120 for non-residents**

This class is for individuals who can swim at least 50 yards of freestyle without stopping and can swim backstroke and breaststroke, and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

9737	M,W	July 8 – July 24	7:10-8:00 PM
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