



Cobb County...Expect the Best!

West Cobb Aquatic Center

Swimming Lessons Fall 2019



Cobb County...Expect the Best!

Swim lesson registration for Cobb County residents will be held on Saturday August 10th, 2019 @ 9 am.
Weekday sessions will meet six (6) times (twice a week) and Saturday Classes will meet for six (6) Saturdays.

To register online:

- You must create an online account <https://secure.rec1.com/GA/cobb-county-ga/catalog>

Please contact the pool to check on your account and information on how to log in to the new registration system

Session 1	August 12-29	Registration for Cobb County Residents
Session 2	September 9-26	August 10 th at 9:00 am
Session 3	Sept 30-Oct 17	(Non-Cobb Residents can register August 12 th at 6:00am)
Session 4	Oct 21 – Nov 7 (AM ONLY)	
Saturday	Sept 7 – Oct 12	

Parent Tot (age 6mos-3 yrs) \$40 Resident / \$60 Non-Resident

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.

11155	M,W	Aug 12 – Aug 28	11:00-11:30 AM	11179	T,Th	Aug 13 – Aug 29	11:00-11:30 AM
11156	M,W	Sept 9 – Sept 25	11:00-11:30 AM	11180	T,Th	Sept 10 – Sept 26	11:00-11:30 AM
11157	M,W	Sept 30 – Oct 16	11:00-11:30 AM	11181	T,Th	Oct 1 – Oct 17	11:00-11:30 AM
11182	M,W	Oct 21 - Nov 6	11:00-11:30 AM	11183	T,Th	Oct 22 – Nov 7	11:00-11:30 AM
11158	Sat	Sept 7 – Oct 12	9:10- 9:40 AM				

Tadpole (age 3-5) \$40 Resident / \$60 Non-Resident

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.

11159	M,W	Aug 12 – Aug 28	11:45 – 12:15 PM	11162	T,Th	Aug 13 – Aug 29	11:45 – 12:15 PM
11160	M,W	Sept 9 – Sept 25	11:45 – 12:15 PM	11163	T, Th	Sept 10 – Sept 26	11:45 – 12:15 PM
11161	M,W	Sept 30 – Oct 16	11:45 – 12:15 PM	11164	T,Th	Oct 1 – Oct 17	11:45 – 12:15 PM
11184	M,W	Oct 21 - Nov 6	11:45 – 12:15 PM	11185	T,Th	Oct 22 – Nov 7	11:45 – 12:15 PM
11190	M,W	Aug 13 – Aug 29	6:30-7:00 PM	11192	T,Th	Oct 1 – Oct 17	6:30-7:00 PM
11191	M,W	Sept 9 – Sept 26	6:30-7:00 PM				
11165	Sat	Sept 7 – Oct 12	9:50- 10:20 AM				

Minnow (age 3-5) \$40 Resident / \$60 Non-Resident

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.

11166	M,W	Aug 12 – Aug 28	12:30 – 1:00 PM	11168	T,Th	Aug 13 – Aug 29	12:30 – 1:00 PM
11167	M,W	Sept 9 – Sept 25	12:30 – 1:00 PM	11170	T, Th	Sept 10 – Sept 26	12:30 – 1:00 PM
11169	M,W	Sept 30 – Oct 16	12:30 – 1:00 PM	11171	T,Th	Oct 1 – Oct 17	12:30 – 1:00 PM
11187	M,W	Oct 21 - Nov 6	12:30 – 1:00 PM	11186	T,Th	Oct 22 – Nov 7	12:30 – 1:00 PM
11193	M,W	Sept 9 – Sept 25	6:30-7:00 PM	11195	T,Th	Aug 13 – Aug 29	6:30-7:00 PM
11194	M,W	Sept 30 – Oct 16	6:30-7:00 PM	11196	T,Th	Sept 10 – Sept 26	6:30-7:00 PM
11178	Sat	Sept 7 – Oct 12	10:30- 11:00 AM				

Seals (age 3-5) \$40 Resident / \$60 Non-Resident

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.

11172	M,W	Aug 12 – Aug 28	1:15 – 1:45 PM	11175	T,Th	Aug 13 – Aug 29	1:15 – 1:45 PM
11173	M,W	Sept 9 – Sept 25	1:15 – 1:45 PM	11176	T, Th	Sept 10 – Sept 26	1:15 – 1:45 PM
11174	M,W	Sept 30 – Oct 16	1:15 – 1:45 PM	11177	T,Th	Oct 1 – Oct 17	1:15 – 1:45 PM
11188	M,W	Oct 21 - Nov 6	1:15 – 1:45 PM	11189	T,Th	Oct 22 – Nov 7	1:15 – 1:45 PM
11197	M,W	Aug 12 – Aug 28	6:30 – 7:00 PM				
11198	M,W	Sept 30 – Oct 16	6:30 – 7:00 PM				

BEGINNER Swim Class (age 5 & up)**\$80 Resident / \$120 Non-Resident**

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'

11199	M,W	Aug 12 – Aug 28	7:10 – 8:00 PM	11202	T, Th	Aug 13 – Aug 29	7:10 – 8:00 PM
11215	M,W	Sept 9 – Sept 25	7:10 – 8:00 PM	11201	T,Th	Sept 10 – Sept 26	7:10 – 8:00 PM
11200	M,W	Sept 30 – Oct 16	7:10 – 8:00 PM	11203	T,Th	Oct 1 – Oct 17	7:10 – 8:00 PM
11204	Sat	Sept 7 – Oct 12	11:10- 12:00 PM				

ADVANCED BEGINNER (age 6-15)**\$80 Resident / \$120 Non-Resident**

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.

11205	M,W	Sept 9 – Sept 25	7:10 – 8:00 PM	11207	T, Th	Aug 13 – Aug 29	8:10 – 9:00 PM
11206	M,W	Sept 30 – Oct 16	7:10 – 8:00 PM	11208	T,Th	Oct 1 – Oct 17	8:10 – 9:00 PM
11209	Sat	Sept 7 – Oct 12	1:10- 2:00 PM				

STROKE DEVELOPMENT (age 6-15)**\$80 Resident / \$120 Non-Resident**

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.

11210	M,W	Aug 12 – Aug 28	8:10 – 9:00 PM	11212	Sat	Sept 7 – Oct 12	12:10- 1:00 PM
11211	M,W	Sept 30 – Oct 16	8:10 – 9:00 PM				

ADVANCED SWIMMER (age 6-15)**\$80 Resident / \$120 Non-Resident**

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.

11213	M,W	Sept 9 – Sept 25	8:10 – 9:00 PM
-------	-----	------------------	----------------

ADULT BASICS**\$80 Resident / \$120 Non-Resident**

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.

11214	T,Th	Sept 10 – Sept 26	8:10 – 9:00 PM
-------	------	-------------------	----------------