



# West Cobb Aquatic Center



## Swimming Lessons Spring 2020

Swim lesson registration for Cobb County residents will be held on Saturday February 22<sup>nd</sup>, 2019 @ 9 am. Weekday sessions will meet six (6) times (twice a week) and Saturday Classes will meet for six (6) Saturdays.

<b>Session 1</b>	<b>February 24-March 12</b>
<b>Session 2</b>	<b>March 16-April 2</b>
<b>Session 3</b>	<b>April 13 – April 30</b>
<b>Saturday</b>	<b>February 29 – April 4</b>

### Registration for Cobb County Residents

February 22<sup>nd</sup> at 9:00 am

(Non-Cobb Residents can register February 24<sup>th</sup> at 6 am)

### **Parent Tot I (age 6mos-3 yrs)**

**\$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.

13686	M,W	Feb 24 – Mar 11	11:00-11:30 AM	13689	Sat	Feb 29 – Apr 4	9:10- 9:40 AM
13687	M,W	Mar 16 – Apr 1	11:00-11:30 AM				
13635	M,W	April 13 – April 29	11:00-11:30 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.

13690	M,W	Feb 24 – Mar 11	11:45 – 12:15 PM	13693	T,Th	Feb 25 – Mar 12	11:00-11:30 AM
13691	M,W	Mar 16 – Apr 1	11:45 – 12:15 PM	13694	T, Th	Mar 17 – Apr 2	11:00-11:30 AM
13692	M,W	April 13 – April 29	11:45 – 12:15 PM	13695	T,Th	April 14 – April 30	11:00-11:30 AM
13696	Sat	Feb 29 – Apr 4	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.

13697	M,W	Feb 24 – Mar 11	12:30 – 1:00 PM	13699	T,Th	Feb 25 – Mar 12	11:45 – 12:15 PM
13698	M,W	Mar 16 – Apr 1	12:30 – 1:00 PM	13701	T, Th	Mar 17 – Apr 2	11:45 – 12:15 PM
13700	M,W	April 13 – April 29	12:30 – 1:00 PM	13702	T,Th	April 14 – April 30	11:45 – 12:15 PM
13710	Sat	Feb 29 – Apr 4	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.

13703	M,W	Feb 24 – Mar 11	1:15 – 1:45 PM	13706	T,Th	Feb 25 – Mar 12	12:30 – 1:00 PM
13704	M,W	Mar 16 – Apr 1	1:15 – 1:45 PM	13707	T, Th	Mar 17 – Apr 2	12:30 – 1:00 PM
13705	M,W	April 13 – April 29	1:15 – 1:45 PM	13708	T,Th	April 14 – April 30	12:30 – 1:00 PM
13709	Sat	Feb 29 – Apr 4	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'

13711	M,W	Feb 24 – Mar 11	6:10 – 7:00 PM	13714	T, Th	Feb 25 – Mar 12	1:10 – 2:00 PM
13712	M,W	April 13 – April 29	6:10 – 7:00 PM	13715	T,Th	April 14 – April 30	1:10 – 2:00 PM
13716	Sat	Feb 29 – Apr 4	12:10 – 1:00 PM	13731	T,Th	Feb 25 – Mar 12	7:10 – 8:00 PM
13717	Sat	Feb 29 – Apr 4	1:10 – 2:00 PM	13732	T,Th	April 14 – April 30	7:10 – 8:00 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.

13718	M,W	Mar 16 – Apr 1	6:10 – 7:00 PM	13719	T, Th	Mar 17 – Apr 2	1:10 – 2:00 PM
13722	Sat	Feb 29 – Apr 4	9:10 – 10:00 AM	13720	T,Th	Feb 25 – Mar 12	6:10 – 7:00 PM
13723	Sat	Feb 29 – Apr 4	12:10 – 1:00 PM	13721	T, Th	April 14 – April 30	6:10-7:00 PM
				13713	T, Th	Mar 17 – Apr 2	7:10-8:00 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.

13724	M,W	Feb 24 – Mar 11	7:10 – 8:00 PM	13726	T, Th	Mar 17 – Apr 2	6:10 – 7:00 PM
13725	M,W	April 13 – April 29	7:10 – 8:00 PM	13727	Sat	Feb 29 – Apr 4	1:10 – 2:00 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.

13728	M,W	Mar 16 – Apr 1	7:10 – 8:00 PM	13733	Sat	Feb 29 – Apr 4	11:10 – 12:00 PM
13729	M,W	Feb 24 – Mar 11	8:10 – 9:00 PM				
13730	M,W	April 13 – April 29	8:10 – 9:00 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.

13738	Sat	Feb 29 – Apr 4	10:10 – 11:00 AM	13737	T, Th	Mar 17 – Apr 2	8:10 – 9:00 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.

13734	M,W	Mar 16 – Apr 1	8:10 – 9:00 PM	13735	T,Th	Feb 25 – Mar 12	8:10 – 9:00 PM
				13736	T,Th	April 14 – April 30	8:10 – 9:00 PM