



*Cobb County...Expect the Best!*

# Central Aquatic Center

520 Fairground St. SE

## Swimming Lessons Spring 2020



*Cobb County...Expect the Best!*

Swim lesson registration for Cobb County residents will be held on Saturday, February 22, 2020 @ 9:00 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 account at [cobbparks.org](http://cobbparks.org).

**Session 1**

**April 13-30**

### Registration for Cobb County Residents

February 22 at 9:00 AM

**Session 2**

**May 4-21**

**Saturday**

**April 11 – May 16**

### Registration for Non-Cobb Residents

February 24 at 9:00 AM

### Withdrawal and Refund Policy

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 seven days before the scheduled start of the class. They may receive 100% credit to the family's account or may request a refund. Within the week prior to the scheduled start of a class refund/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.

### Waitlist Policy

If your child is currently on a wait list and a spot becomes available you will receive an email from the Civic Rec server. At this time you will have 48 hours to accept the spot in the class. Payment will be due upon acceptance in order to reserve the spot.

## **Parent and Child Program \$40.00 Cobb County Residents \$60.00 Non-Cobb Residents**

### **Parent Tot (ages 6 months to 3 years)**

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

<b>Time</b>	<b>Days</b>	<b>Session</b>	<b>Activity Code</b>
8:15-8:45 AM	Sat	Sat	16303

## **Preschool Program \$40.00 Cobb County Residents \$60.00 Non-Cobb Residents**

### **Tadpole (ages 3-5)**

This class is designed for the true beginner. Water adjustment skills, blowing bubbles, submerging, and water safety are taught in a playful atmosphere.

<b>Time</b>	<b>Days</b>	<b>Session</b>	<b>Activity Code</b>
10:00-10:30 AM	Tue/Thurs	1	16307
10:00-10:30 AM	Tue/Thurs	2	16306
5:00-:530 PM	Tue/Thurs	1	16305
5:00-:530 PM	Tue/Thurs	2	16308
9:00-9:30 AM	Sat	Sat	16304

### **Minnow (ages 3-5)**

This class is for preschoolers who can already put their faces in the water. Kicking, stroking, gliding, floating and jumping in will be taught in a playful atmosphere.

<b>Time</b>	<b>Days</b>	<b>Session</b>	<b>Activity Code</b>
3:30-4:00 PM	Tue/Thurs	1	16311
3:30-4:00 PM	Tue/Thurs	2	16312
5:45-6:15 PM	Tue/Thurs	1	16310
5:45-6:15 PM	Tue/Thurs	2	16313
9:45-10:15 AM	Sat	Sat	16309
10:30-11:00 AM	Sat	Sat	16314

### **Seals (ages 3-5)**

This class is designed for preschoolers who can already swim. The coordination of the flutter kick and alternating arm strokes will be taught. Rhythmic breathing, water safety, and confidence in the water will be stressed.

<b>Time</b>	<b>Days</b>	<b>Session</b>	<b>Activity Code</b>
3:30-4:00 PM	Mon/Wed	1	16316
3:30-4:00 PM	Mon/Wed	2	16317
6:30-7:00 PM	Tue/Thurs	1	16318
6:30-7:00 PM	Tue/Thurs	2	16319
10:30-11:00 AM	Sat	Sat	16315

## LEARN TO SWIM PROGRAM   \$80.00 Cobb County Residents   \$120.00 Non-Cobb Residents

### Beginner: Water Exploration (ages 5-15)

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, swimming, breathing, and submersion. To complete this class and progress to Advanced Beginner, students must be able to: float on their stomach without assistance, swim Freestyle for three body lengths, take a breath while swimming Freestyle, jump in and return to the side of the pool, and perform a kneeling dive.

Time	Days	Session	Activity Code
4:00-4:50 PM	Mon/Wed	1	16278
4:00-4:50 PM	Mon/Wed	2	16279
4:00-4:50 PM	Tues/Thurs	1	16280
4:00-4:50 PM	Tues/Thurs	2	16281
11:00-11:50 AM	Sat	Sat	16277

### Advanced Beginner: Primary Skills (*must pass Beginner, ages 5 ½ - 15*)

This 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 rotary 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
4:00-4:50 PM	Tues/Thurs	1	16285
4:00-4:50 PM	Tues/Thurs	2	16283
5:00-5:50 PM	Tues/Thurs	1	16286
5:00-5:50 PM	Tues/Thurs	2	16284
12:00-12:50 PM	Sat	Sat	16282

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

This 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 class and introduce Breaststroke, Backstroke, 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 rotary breathing, swim Backstroke for 15 yards, perform the Breast Stroke kick, and Tread water for 30 seconds.

Time	Days	Session	Activity Code
9:00-9:50 AM	Sat	Sat	16287

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

This class is for children ages 6 and up who can swim Freestyle with rotary breathing for 25 yards, swim Backstroke for 15 yards, and demonstrate the proper technique for the Breast Stroke kick. This class will work on stroke technique and endurance for all 4 competitive swimming strokes. To progress to the Pre-Competitive class students must be able to: swim 50 yards of Front Crawl with rotary breathing, swim 25 yards of Backstroke, swim 15 yards of Breaststroke with proper timing and breathing, demonstrate a flip turn, and perform the Dolphin kick for 25 yards.

Time	Days	Session	Activity Code
10:00-10:50 AM	Sat	Sat	16288

### **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 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.

<b>Time</b>	<b>Days</b>	<b>Session</b>	<b>Activity Code</b>
11:00-11:50 AM	Sat	Sat	16289

### **Adult Program      \$80.00 Cobb County Residents    \$120.00 Non-Cobb Residents**

#### **Adult Basics (ages 15+)**

This 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.

<b>Time</b>	<b>Days</b>	<b>Session</b>	<b>Activity Code</b>
7:00-7:50 PM	Tue/Thurs	1	16255
7:00-7:50 PM	Tue/Thurs	2	16256
1:00-1:50 PM	Sat	Sat	16254

#### **Adult Basics II (ages 15+)**

This class is designed to teach adults who have successfully completed Adult Basics 1. It will teach freestyle, back crawl, introduction to deep water and basic water safety.

<b>Time</b>	<b>Days</b>	<b>Session</b>	<b>Activity Code</b>
12:00-12:50 PM	Sat	Sat	16257

#### **Adult Stroke Development (age 15+)**

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.

<b>Time</b>	<b>Days</b>	<b>Session</b>	<b>Activity Code</b>
11:00-11:50 AM	Sat	Sat	16258