



West Cobb Aquatic Center



Swimming Lessons Fall 2020

Swim lesson registration for Cobb County residents will be held on Saturday, September 12th, 2020 @ 9 am. Weekday sessions will meet six (6) times (twice a week) and Saturday Classes will meet for six (6) Saturdays.

Session 1	September 14th – October 1st	<u>Registration for Cobb County Residents</u>
Session 2	October 5th – October 22nd	September 12 th at 9:00 am
Saturday	September 19th – October 24th	(Non-Cobb Residents can register September 14th 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. The instructor will be outside the pool for this class and the students will be maintaining social distancing. (LIMITED TO 4 PARTICIPANTS)

18812	M,W	September 14-30	11:00-11:30 AM	18813	T,Th	Sept 15- Oct 1	11:00-11:30 AM
18814	M,W	October 5-21	11:00-11:30 AM	18815	T,Th	October 6-22	11:00-11:30 AM
18824	Sat	Sept 19-Oct 24	9:15-9:45 AM				

Parent - Preschool (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. This class will introduce children to the water as well as basic water skills such as; Blowing Bubbles, Kicking, Floating, Gliding and swimming. PARENTS ARE REQUIRED TO BE IN THE WATER WITH STUDENTS! The instructor will be outside the pool for this class and the students will be maintaining social distancing. (LIMITED TO 4 PARTICIPANTS)

18816	M,W	September 14-30	11:45-12:15 PM	18818	T,Th	Sept 15- Oct 1	11:45-12:15 PM
18817	M,W	October 5-21	11:45-12:15 PM	18819	T,Th	October 6-22	11:45-12:15 PM
18825	Sat	Sept 19-Oct 24	10:00-10:30 AM				

STROKE DEVELOPMENT (age 6-15)

\$80 for residents / \$120 for non-residents

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. . STUDENTS MUST BE ABLE TO SWIM 25 YARDS ON THEIR OWN! Instructor will not be in the water with students! (LIMITED TO 4 PARTICIPANTS)

18820	M,W	September 14-30	7:30 – 8:20 PM	18826	Sat	Sept 19-Oct 24	9:10 – 10:00 AM
18821	T,Th	Sept 15- Oct 1	7:30 – 8:20 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. STUDENTS MUST BE ABLE TO SWIM 25 YARDS ON THEIR OWN! Instructor will not be in the water with students! (LIMITED TO 4 PARTICIPANTS)

18822	M,W	September 14-30	7:10 – 8:00 PM	18827	Sat	Sept 19-Oct 24	10:10 – 11:00 AM
18823	T,Th	Sept 15- Oct 1	7:10 – 8:00 PM				