



*Cobb County...Expect the Best!*

## Central Aquatic Center

520 S. Fairground St., Marietta

### Swimming Lessons Fall 2020



*Cobb County...Expect the Best!*

Swim lesson registration for Cobb County residents will be held on Saturday, **August 29, 2020 @ 9 am**. Saturday Classes will meet for 6 Saturdays.

We will only be teaching the Parent-Tot, Advanced Swimmer and Pre-Competitive classes. The classes will have a maximum of four (4) students which will allow us to maintain social distancing guidelines.

To register online:

- You must have an existing account or create one online account at **cobbparks.org**.

**Saturday      September 12 – October 17**

#### Registration for Cobb Residents

August 29 at 9:00 AM

#### Registration for Non-Cobb Residents

August 31 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 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

Time	Days	Session	Activity Code	(Notes)
9:00-9:30 AM	Sat	Sat	18664	
9:45-10:15 AM	Sat	Sat	18667	

**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	(Notes)
10:30-11:20 AM	Sat	Sat	18665	

**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.

Time	Days	Session	Activity Code	(Notes)
11:45 AM-12:35 PM	Sat	Sat	18666	