



Central Aquatic Center

Spring 2021 Swim Lessons

520 S. Fairground St., Marietta, GA 30060

(770) 528-8465



Swim lesson registration for Cobb County residents will begin at 12:00pm on Saturday, April 3, 2021.

Registration at Central Aquatic Center will be from 12:00-1:00pm on April 3rd.

Weekday sessions will meet six (6) times (twice a week) and Saturday Classes will meet for 6 Saturdays.

You must have an existing account or create one online account at **cobbparks.org** – click 'I want to...' and select 'Register for Activities' then log in or create an account. If you believe you have an account, use the 'I forgot my password' option to reset your password.

Session 1 April 12 – 29

Session 2 May 3 – 20

Saturday April 17 – May 22

Registration for Cobb Residents

April 3 at 12:00 PM

Registration for Non-Cobb Residents

April 5 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 facility management. **You will have 24 hours to accept the spot in the class.** Payment will be due upon acceptance to reserve the spot. Please check your inboxes and junk mail for emails from:

Cobb County PARKS, Senior Services, Government

Waiting List Notification

noreply@rec1.com

COVID-19 Considerations

- These courses have been re-designed to maintain social distancing recommendations put in place by Georgia, the CDC, and the American Red Cross.
- **Lessons in our Parent and Child program will be led by an instructor, but parents will be conducting the drills, exercises, and games with their children. No contact will be made between instructors and participants. Lessons in the Learn to Swim program will be led by an instructor from the pool deck.**
- Four participants will be allowed per class.
- Classes have been staggered to allow for cleaning and sanitization between classes and to ensure social distancing expectations can be followed while inside the facility.
- Masks are highly recommended. Instructors will be wearing a mask or face shield.

Parent and Pre-School 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.

Time	Days	Session	Activity Code
8:15-8:45 AM	Sat	Sat	21659

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.

Time	Days	Session	Activity Code
5:30-6:00 PM	Mon/Wed	1	21663
5:30-6:00 PM	Mon/Wed	2	21665
9:00-9:30 AM	Sat	Sat	21660

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.

Time	Days	Session	Activity Code
6:15-6:45 PM	Mon/Wed	1	21664
6:15-6:45 PM	Mon/Wed	2	21666
9:45-10:15 AM	Sat	Sat	21661

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.

Time	Days	Session	Activity Code
10:30-11:00 AM	Sat	Sat	21662

LEARN TO SWIM PROGRAM

\$80.00 Cobb County Residents \$120.00 Non-Cobb Residents

Advanced Beginner: Primary Skills (must pass Beginner, ages 5½-15)

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
5:45-6:35 PM	Tue/Thurs	1	21678
5:45-6:35 PM	Tue/Thurs	2	21679
11:15 AM-12:05 PM	Sat	Sat	21675

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
10:00-10:50 AM	Sat	Sat	21676

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
11:00-11:50 AM	Sat	Sat	21677