



Cobb County...Expect the Best!

West Cobb Aquatic Center

Swimming Lessons Winter 2022
3675 Macland Road
Powder Springs, GA 30127
770-222-6700



Cobb County...Expect the Best!

Swim lesson registration for Cobb County residents will be held on Saturday January 8th, 2021 @ 9 am.
 Weekday sessions will meet six (6) times (twice a week) and Friday and Saturday Classes will meet for six (6) weeks.

Session 1 **January 10-31**
 *** NO CLASS January 17***
Session 2 **February 7-24**
Friday **January 14 – February 18**
Saturday **January 15 – February 19**

Registration for Cobb County Residents
 January 8th at 9:00 am
 (Non-Cobb Residents can register January 10th at 6 am)

Parent Tot I (age 6mos-18mos)

\$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.

24625	M,W	Jan 10-31	11:00-11:30 AM	24648	T,Th	Jan 11 – 27	11:00-11:30 AM
24626	M,W	Feb 7-23	11:00-11:30 AM	24647	T,Th	Feb 8-24	11:00-11:30 AM
				24627	Sat	Jan 15-Feb 19	9:05-9:35 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.

24628	M,W	Jan 10-31	11:45 – 12:15 PM	24631	T,Th	Jan 11 – 27	11:45 – 12:15 PM
24629	M,W	Feb 7-23	11:45 – 12:15 PM	24632	T, Th	Feb 8-24	11:45-12:15PM
24650	M,W	Jan 10-31	6:30-7:00 PM	24634	Sat	Jan 15-Feb 19	9:40- 10:10 AM
24651	M,W	Feb 7-23	6:30-7:00 PM				

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.

24635	M,W	Jan 10-31	12:30 – 1:00 PM	24637	T,Th	Jan 11 – 27	12:30 – 1:00 PM
24636	M,W	Feb 7-23	12:30 – 1:00 PM	24639	T, Th	Feb 8-24	12:30 – 1:00 PM
				24653	T,Th	Feb 8-24	6:30 – 7:00 PM

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.

24641	M,W	Jan 10-31	1:15 – 1:45 PM	24644	T,Th	Jan 11 – 27	12:30 – 1:00 PM
24642	M,W	Feb 7-23	1:15 – 1:45 PM	24645	T, Th	Feb 8-24	12:30 – 1:00 PM
24649	Fri	Jan 14-Feb 18	6:30-7:00 PM				

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'

3076	M,W	Jan 10-31	6:10 – 7:00 PM	24664	Fri	Jan 14-Feb 18	7:10-8:00 PM
3077	M,W	Feb 7-23	6:10 – 7:00 PM	24657	Sat	Jan 15-Feb 19	11:10 AM- 12:00 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.

24659	Sat	Jan 15-Feb 19	10:15 – 11:05 AM	24666	T,Th	Feb 8-24	6:10 – 7:00 PM
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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.

24660	M,W	Jan 10-31	7:10 – 8:00 PM
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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.

24661	Fri	Jan 14-Feb 18	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.

24667	T,Th	Feb 8-24	8:10 – 9:00 PM
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