



Cobb County...Expect the Best!

Mountain View Aquatic Center

2650 Gordy Parkway, Marietta GA 30066



Cobb County...Expect the Best!

Swimming Lessons Winter 2017

Swim lesson registration for Cobb County residents will be held on Friday, November 11th at 6:00pm. Weekday sessions will meet six times (twice per week) and Saturday Classes will meet for six consecutive Saturdays.

To register online:

- You must create an online account at <https://apm.activecommunities.com/cobbcounty/home>
- Most customers who had an account on the old registration system will have an account on the new system. Please contact the pool to check on your account and information on how to log in to the new registration system.

		Registration for Cobb County Residents
Session 1	January 30 – February 16	November 11th 6:00 pm
Session 2	February 20 – March 9	
Saturday	January 28 – March 11	(Non-Cobb Resident registration: November 14 at 12:00pm)
	<i>(Saturday lessons skip Feb. 11th)</i>	

Parent and Child Program **\$40.00 Cobb County Residents** **\$65.00 Non-Cobb Residents**

Parent Tot (ages 6 months to 3 years)

Description: 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!

Mountain View	Parent Tot	1:00-1:30 PM	Tue/Thu	1	Activity Code 10175
		1:00-1:30 PM	Tue/Thu	2	Activity Code 10185
		9:00-9:30 AM	Saturday	Sat	Activity Code 10193
					<i>(Saturday classes skip Feb. 11th)</i>

Preschool Program **\$40.00 Cobb County Residents** **\$65.00 Non-Cobb Residents**

Tadpole (ages 3-5)

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

Mountain View	Tadpole	1:45-2:15 PM	Tue/Thurs	1	Activity Code 10178
		1:45-2:15 PM	Tue/Thurs	2	Activity Code 10188
		9:45-10:15 AM	Saturday	Sat	Activity Code 10196
					<i>(Saturday classes skip Feb. 11th)</i>

Minnow (ages 3-5)

Description: This class is for preschoolers who can already put their faces in the water and know the basic arm and leg motions for swimming. Kicking, stroking, gliding, floating and jumping in will be taught in a playful atmosphere.

Mountain View	Minnow	2:30-3:00 PM	Tue/Thurs	1	Activity Code 10174
		2:30-3:00 PM	Tue/Thurs	2	Activity Code 10184
		10:30-11:00 AM	Saturday	Sat	Activity Code 10192
					<i>(Saturday classes skip Feb. 11th)</i>

Seals (must pass Minnow, ages 3-6)

Description: 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, floating, endurance, water safety, and confidence in the water will be stressed.

Mountain View	Seals	3:15-3:45 PM	Tue/Thurs	1	Activity Code 10176
		3:15-3:45 PM	Tue/Thurs	2	Activity Code 10186
		11:15-11:45 AM	Saturday	Sat	Activity Code 10194
					<i>(Saturday classes skip Feb. 11th)</i>

LEARN TO SWIM PROGRAM**\$80.00 Cobb County Residents****\$105.00 Non-Cobb Residents****Beginner: Water Exploration (ages 5-15)**

Description: 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.

Mountain View - Beginner	4:00-4:50 PM	Mon/Wed	1	Activity Code 10173
	4:00-4:50 PM	Mon/Wed	2	Activity Code 10183
	4:00-4:50 PM	Tue/Thurs	1	Activity Code 10172
	4:00-4:50 PM	Tue/Thurs	2	Activity Code 10182
	10:00-10:50 AM	Saturday	Sat	Activity Code 10191

(Saturday classes skip Feb. 11th)

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

Description: 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.

Mountain View - Advanced Beginner	5:00-5:50 PM	Mon/Wed	1	Activity Code 10171
	5:00-5:50 PM	Mon/Wed	2	Activity Code 10181
	5:00-5:50 PM	Tue/Thurs	1	Activity Code 10170
	5:00-5:50 PM	Tue/Thurs	2	Activity Code 10180
	11:00-11:50 AM	Saturday	Sat	Activity Code 10189

(Saturday classes skip Feb. 11th)

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

Description: 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.

Mountain View – Stroke Development	7:00-7:50 PM	Tues/Thurs	1	Activity Code 10177
	7:00-7:50 PM	Tues/Thurs	2	Activity Code 10187
	10:00-10:50 AM	Saturday	Sat	Activity Code 10195

(Saturday classes skip Feb. 11th)

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

Description: 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.

Mountain View – Advanced Swimmer	11:00-11:50 AM	Saturday	Sat	Activity Code 10190
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(Saturday classes skip Feb. 11th)

Adult Program**\$80.00 Cobb County Residents****\$105.00 Non-Cobb Residents****Adult Beginner (ages 15+)**

Description: This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. This class introduces freestyle, backstroke, introduction to deep water, and basic water safety.

Mountain View - Adult Basics	7:00-7:50 PM	Mon/Wed	1	Activity Code 10169
	7:00-7:50 PM	Mon/Wed	2	Activity Code 10179