West Cobb Aquatic Center

Cobb County...Expect the Best!

Swimming Lessons Fall 2018

Cobb County...Expect the Best!

Swim lesson registration for Cobb County residents will be held on Saturday August 4th , 2017 @ 2 pm.
Weekday sessions will meet six (6) times (twice a week) and Saturday Classes will meet for six (6) Saturdays.

To register online:

- You must create an online account https://secure.rec1.com/GA/cobb-county-ga/catalog

Please contact the pool to check on your account and information on how to log in to the new registration system

Session 1	**August 13-30**
Session 2	**September 10-27**
Session3	**October 1/18**
Session 4	**Oct 22 – Nov 8 (AM ONLY)**
Saturday	**Sept 8 – Oct 13**

Registration for Cobb County Residents
August 4th at 2:00 pm
(Non-Cobb Residents can register August 6th at 6:00am)

Parent Tot I (age 6mos-18mos) $40 Resident / $60 Non-Resident

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.

6035	M,W	Aug 13 – Aug 29	11:00-11:30 AM	6088	T/Th	Aug 14 – Aug 30	11:00-11:30 AM
6036	M,W	Sept 10 – Sept 26	11:00-11:30 AM	6089	T/Th	Sept 11 – Sept 27	11:00-11:30 AM
6037	M,W	Oct 1 – Oct 17	11:00-11:30 AM	6090	T/Th	Oct 2 – Oct 18	11:00-11:30 AM
6091	M,W	Oct 22 - Nov 7	11:00-11:30 AM	6092	T/Th	Oct 23 – Nov 8	11:00-11:30 AM
6038	Sat	Sept 9 – Oct 14	9:10- 9:40 AM				

Tadpole (age 3-5) $40 Resident / $60 Non-Resident

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.

6039	M,W	Aug 13 – Aug 29	11:45 – 12:15 PM	6042	T,Th	Aug 14 – Aug 30	11:45 – 12:15 PM
6040	M,W	Sept 10 – Sept 26	11:45 – 12:15 PM	6043	T, Th	Sept 11 – Sept 27	11:45 – 12:15 PM
6041	M,W	Oct 1 - Oct 17	11:45 – 12:15 PM	6044	T,Th	Oct 2 – Oct 18	11:45 – 12:15 PM
6093	M,W	Oct 22 - Nov 7	11:45 – 12:15 PM	6094	T,Th	Oct 23 – Nov 8	11:45 – 12:15 PM
6163	M,W	Aug 13 – Aug 29	6:30-7:00 PM	6044	T,Th	Oct 2 – Oct 18	6:30-7:00 PM
6164	M,W	Sept 10 – Sept 26	6:30-7:00 PM				
6045	Sat	Sept 8 – Oct 13	9:50- 10:20 AM				

Minnow (age 3-5) $40 Resident / $60 Non-Resident

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.

6046	M,W	Aug 13 – Aug 29	12:30 – 1:00 PM	6048	T,Th	Aug 14 – Aug 30	12:30 – 1:00 PM
6047	M,W	Sept 10 – Sept 26	12:30 – 1:00 PM	6050	T, Th	Sept 11 – Sept 27	12:30 – 1:00 PM
6049	M,W	Oct 1 - Oct 17	12:30 – 1:00 PM	6051	T,Th	Oct 2 – Oct 18	12:30 – 1:00 PM
6097	M,W	Oct 22 - Nov 7	12:30 – 1:00 PM	6096	T,Th	Oct 23 – Nov 8	12:30 – 1:00 PM
6166	M,W	Sept 10 – Sept 26	6:30-7:00 PM	6168	T,Th	Aug 14 – Aug 30	6:30-7:00 PM
6067	M,W	Oct 1 - Oct 17	6:30-7:00 PM	6169	T,Th	Oct 2 – Oct 18	6:30-7:00 PM
6059	Sat	Sept 8 – Oct 13	10:30- 11:00 AM				

Seals (age 3-5) $40 Resident / $60 Non-Resident

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.

6052	M,W	Aug 13 – Aug 29	1:15 – 1:45 PM	6055	T,Th	Aug 14 – Aug 30	1:15 – 1:45 PM
6053	M,W	Sept 10 – Sept 26	1:15 – 1:45 PM	6056	T, Th	Sept 11 – Sept 27	1:15 – 1:45 PM
6054	M,W	Oct 1 - Oct 17	1:15 – 1:45 PM	6057	T,Th	Oct 2 – Oct 18	1:15 – 1:45 PM
6099	M,W	Oct 22 - Nov 7	1:15 – 1:45 PM	6100	T,Th	Oct 23 – Nov 8	1:15 – 1:45 PM
6170	M,W	Aug 13 – Aug 29	6:30 – 7:00 PM				
6171	M,W	Oct 1 - Oct 17	6:30 – 7:00 PM				

BEGINNER Swim Class (age 5 & up) $80 Resident / $100 Non-Resident

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'

6060	M,W	Aug 13 – Aug 29	7:10 – 8:00 PM	6063	T, Th	Aug 14 – Aug 30	7:10 – 8:00 PM
6101	M,W	Sept 10 – Sept 26	7:10 – 8:00 PM	6064	T,Th	Sept 11 – Sept 27	7:10 – 8:00 PM
6061	M,W	Oct 1 - Oct 17	7:10 – 8:00 PM	6065	T,Th	Oct 2 - Oct 18	7:10 – 8:00 PM
6065	Sat	Sept 8 – Oct 13	11:10- 12:00 PM				

ADVANCED BEGINNER (age 6-15) $80 Resident / $100 Non-Resident

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.

6067	M,W	Sept 10 – Sept 26	7:10 – 8:00 PM	6069	T, Th	Aug 14 – Aug 30	8:10 – 9:00 PM
6068	M,W	Oct 1 - Oct 17	7:10 – 8:00 PM	6070	T,Th	Oct 2 - Oct 18	8:10 – 9:00 PM
6070	Sat	Sept 8 – Oct 13	1:10- 2:00 PM				

STROKE DEVELOPMENT (age 6-15) $80 Resident / $100 Non-Resident

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.

6073	M,W	Aug 13 – Aug 29	8:10 – 9:00 PM	6076	Sat	Sept 8 – Oct 13	12:10- 1:00 PM
6074	M,W	Oct 1 - Oct 17	8:10 – 9:00 PM				

ADVANCED SWIMMER (age 6-15) $80 Resident / $100 Non-Resident

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.

6077	M,W	Sept 10 – Sept 26	8:10 – 9:00 PM

ADULT BASICS $80 Resident / $100 Non-Resident

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.

6083	M,W	Sept 10 – Sept 26	8:10 – 9:00 PM