



Cumming Aquatic Center Group Swim Lessons — Fall/Winter 2023

Mondays & Wednesdays	Tuesdays & Thursdays	Saturdays
Session 1: Aug 28—Sept 20 (7 lessons—no class 9/4) Session 4: Oct 2—Oct 25 (8 lessons) Session 6: Oct 30—Nov 29 (8 lessons—no class 11/20 or 11/22) Session 9: Dec 4—Dec 20 (6 lessons)	Session 2: Aug 29—Sept 21 (8 lessons) Session 5: Oct 3—Oct 26 (8 lessons) Session 7: Nov 2—Nov 30 (7 lessons—no class 11/21 or 11/23) Session 10: Dec 5—Dec 21 (6 lessons)	Session 3: Sept 9—Oct 28 (7 lessons—no class 9/30) Session 8: Nov 4—Dec 16 (6 lessons—no class 11/25)

Parent & Child/Pre-School Aquatic Fees:	Learn to Swim/Adult Aquatic Fees:
\$120.00 (9 x 30 minute lessons) / \$110.00 (8 x 30 minute lessons) \$97.00 (7 x 30 minute lessons) / \$85.00 (6 x 30 minute lessons)	\$175.00 (9 x 45 minute lessons) / \$158.00 (8 x 45 minute lessons) \$139.00 (7 x 45 minute lessons) / \$121.00 (6 x 45 minute lessons)

Schedule	Mon days & Wednesdays	Tues days & Thursdays	Saturdays
<i>Parent & Child Aquatics : Ages 6months–3yrs (No Prerequisites)</i>			
Parent & Child [1:10 ratio]		5:20—5:50pm	9:10—9:40 am 10:20—10:50 am
<i>Pre-School Aquatics : Ages 3– 5yrs *Pre Level 1 (Beginner)—Pre Level 4 (Advanced)</i>			
Pre-School 1 [1:5 ratio]	5:10—5:40 pm 5:45—6:15 pm	4:10—4:40 pm 4:45—5:15 pm	5:55—6:25 pm 6:30—7:00 pm
Pre-School 2 [1:5 ratio]	5:10—5:40 pm 5:45—6:15 pm	4:45—5:15 pm 5:20—5:50 pm	5:55—6:25 pm 6:30—7:00 pm
Pre-School 3 [1:6 ratio]	4:35—5:05 pm 6:20—6:50 pm	4:45—5:15 pm 5:20—5:50 pm	6:30—7:00 pm 7:05—7:35 pm
Pre-School 4 [1:6 ratio]	6:20—6:50 pm	4:10—4:40 pm	5:55—6:25 pm 7:05—7:35 pm
<i>Learn to Swim Aquatics : Ages 5–12yrs *LTS Level 1 (Beginner)—LTS Level 6 (Advanced)</i>			
LTS 1 [1:6 ratio]	4:20—5:05pm 5:10—5:55 pm 6:00—6:45 pm 6:50—7:35 pm	4:10—4:55 pm 5:00—5:45 pm	5:50—6:35 pm 6:40—7:25 pm 7:40—8:25 pm
LTS 2 [1:6 ratio]	4:20—5:05pm 5:10—5:55 pm 6:00—6:45 pm 6:50—7:35 pm	4:10—4:55 pm 5:00—5:45 pm	5:50—6:35 pm 7:05—7:50 pm 7:40—8:25 pm
LTS 3 [1:6 ratio]	4:20—5:05pm 5:10—5:55 pm 6:00—6:45 pm 6:50—7:35 pm	5:00—5:45 pm 5:50—6:35 pm	6:40—7:25 pm 7:30—8:15 pm
LTS 4 [1:6 ratio]	5:10—5:55 pm 6:00—6:45 pm 6:50—7:35 pm	5:00—5:45 pm 5:50—6:35 pm	6:40—7:25 pm 7:30—8:15 pm
LTS 5 [1:8 ratio]	6:00—6:45 pm	5:00—5:45 pm 5:50—6:35 pm	6:40—7:25 pm 7:30—8:15 pm
LTS 6 [1:8 ratio]		5:50—6:35 pm	6:40—7:25 pm 7:30—8:15 pm
<i>Adult Aquatics : Ages 13+ (No Prerequisites for Adult Basics)</i>			
Adult Basics [1:6 ratio]	5:10—5:55 pm 6:00—6:45 pm	6:40—7:25 pm	7:30—8:15 pm
Adult Stroke Development [1:8 ratio]	6:50—7:35 pm		

Which level is the best fit?

Parent & Child Aquatics

(Ages 6 months—3 years)

Parent & Child: This level is designed to familiarize children 6 months—3 years with the water and teach swimming readiness skills through exciting activities, games and songs. I understand each child must be accompanied by an adult in the water, and a swim diaper must be worn.

Preschool Aquatics

(Ages 3—5 years)

Preschool 1: I'm a beginner looking forward to learning fundamental skills of swimming (floating, gliding, kicking, submerging).

Preschool 2: I am comfortable putting my face in the water and can float/swim with some assistance. I need to practice floating and swimming longer durations with some assistance, and begin working on independence.

Preschool 3: I am comfortable submerging underwater, and have practiced swimming short durations by myself. I need to practice swimming with my arms and legs on the front and back independently and with improved coordination.

Preschool 4: I can float by myself and swim Front Crawl and Back Crawl independently for a short distance. I need to practice breathing properly and swimming further distances.

Learn to Swim Aquatics

(Ages 5 —12 years)

Learn to Swim 1: I'm a beginner looking forward to learning fundamental skills of swimming (floating, treading, swimming independently).

Learn to Swim 2: I can swim independently for a short distance, but still need to improve Freestyle and Backstroke technique.

Learn to Swim 3: I can swim Freestyle (with side breathing) and Backstroke with proper technique, but I need to learn Breaststroke and Butterfly.

Learn to Swim 4: I can swim Freestyle, Backstroke and Breaststroke across the pool (40 ft) but need to improve Breaststroke and Butterfly technique and practice diving.

Learn to Swim 5: I am familiar with the 4 competitive strokes and can swim 25 yards independently. I need to work on stroke refinement, endurance, flip turns and diving from the diving block in the competition pool.

Learn to Swim 6: I have strong endurance in Freestyle, Backstroke, Breaststroke and Butterfly. I can dive off a dive block and swim in deep water. I need to fine-tune strokes, turns, and finishes to prepare for a swim team.

Adult Aquatics

(Ages 13+ years)

Adult Basics: I'm a beginner looking forward to learning fundamental skills of swimming, as well as swimming the basic strokes independently.

Adult Stroke Development: I am comfortable swimming 25 yards independently. I need to work on stroke refinement, endurance, flip turns and diving from the diving block in the competition pool.