



# Cumming Aquatic Center Group Swim Lessons—Summer 2024

## Saturday Mornings

Session 1: June 1<sup>st</sup>—July 20<sup>th</sup> (7 lessons)  
 \*No lessons 7/6  
 Session 11: July 27<sup>th</sup>—Aug 31<sup>st</sup> (6 lessons)

## Monday & Wednesday Evenings

Session 3: June 3<sup>rd</sup>—June 26<sup>th</sup> (8 lessons)  
 Session 7: July 1<sup>st</sup>—July 24<sup>th</sup> (8 lessons)  
 Session 12: July 29<sup>th</sup>—Aug 21<sup>st</sup> (8 lessons)

## Monday, Wednesday & Friday Mornings

Session 2: June 3<sup>rd</sup>—June 21<sup>st</sup> (9 lessons)  
 Session 6: June 24<sup>th</sup>—July 12<sup>th</sup> (8 lessons)  
 \*No lessons 6/28  
 Session 10: July 15<sup>th</sup>—July 31<sup>st</sup> (8 lessons)

## Tuesday & Thursday Mornings/Evenings

Session 4 / 5: June 4<sup>th</sup>—June 27<sup>th</sup> (8 lessons)  
 Session 8 / 9: July 2<sup>nd</sup>—July 25<sup>th</sup> (7 lessons) \*No lessons 7/4  
 Session 13: July 30<sup>th</sup>—Aug 22<sup>nd</sup> (8 lessons)

### Swim Lesson Fees :

9 lessons    8 lessons    7 lessons    6 lessons

|  |                |       |       |       |       |
|--|----------------|-------|-------|-------|-------|
| <b>Parent &amp; Child / Preschool Aquatics</b> | 30 min lessons | \$120 | \$110 | \$97  | \$85  |
| <b>Learn to Swim / Adult Aquatics</b>          | 45 min lessons | \$175 | \$158 | \$139 | \$121 |

| Class   | Mon, Wed & Fri Mornings                           |   | Mon & Wed Evenings                           |                              | Tues & Thurs Mornings/Evenings   |  | Saturday Mornings   |   |
|---|---|---|--|------------------------------|--|--|---|---|
| <b>Parent &amp; Child Aquatics (Age 6months—3 years) *No Prerequisites</b>        |   |   |  |                              |  |  |   |   |
| <b>Parent &amp; Child</b>   | 10:25—10:55 am                                    |   |  |                              | 9:40—10:10 am<br>4:20—4:50 pm  |  | 9:10—9:40 am<br>9:45—10:15 am<br>10:20—10:50 am                 |   |
| <b>Pre-School Aquatics (Ages 3-5) : Level 1 (Beginner)—Level 4 (Advanced)</b>     |   |   |  |                              |  |  |   |   |
| <b>Level 1 Beginner</b>   | 9:50—10:20 am<br>11:00—11:30 am                   | 11:35—12:05 pm<br>12:45—1:20 pm<br>1:20—1:50 pm | 5:10—5:40 pm<br>5:45—6:15 pm                 | 6:20—6:50 pm<br>6:55—7:25 pm | 9:05—9:35 am<br>9:40—10:10 am<br>11:00—11:30 am<br>3:10—3:40pm<br>3:45—4:15 pm | 4:20—4:50 pm<br>4:55—5:25 pm<br>5:30—6:00 pm<br>6:05—6:35 pm<br>6:40—7:10 pm | 8:30—9:00 am<br>9:10—9:40 am<br>9:45—10:15 am<br>10:20—10:50 am | 10:55—11:25 am<br>11:30—12:00 pm<br>12:05—12:35 pm<br>12:40—1:10 pm |
| <b>Level 2</b>  | 10:25—10:55 am<br>11:35—12:05 pm                  | 12:10—12:40 pm<br>1:20—1:50 pm                  | 5:10—5:40 pm<br>5:45—6:15 pm                 | 6:20—6:50 pm<br>6:55—7:25 pm | 9:05—9:35 am<br>10:20—10:50 am<br>3:45—4:15 pm<br>4:20—4:50 pm                 | 4:55—5:25 pm<br>5:30—6:00 pm<br>6:05—6:35 pm<br>6:40—7:10 pm                 | 9:10—9:40 am<br>9:45—10:15 am<br>10:55—11:25 am                 | 11:30—12:00 pm<br>12:05—12:35 pm                                    |
| <b>Level 3</b>  | 11:35—12:05 pm<br>12:10—12:40 pm                  | 12:45—1:15 pm                                   | 5:10—5:40 pm<br>5:45—6:15 pm                 | 6:55—7:25 pm                 | 11:00—11:30 am<br>3:10—3:40pm<br>3:45—4:15 pm                                  | 5:30—6:00 pm<br>6:05—6:35 pm<br>7:15—7:45 pm                                 | 10:55—11:25 am  | 11:30—12:00 pm<br>12:40—1:10 pm                                     |
| <b>Level 4 Advanced</b>   | 11:00—11:30 am                                    |   | 6:20—6:50 pm                                 |                              | 4:55—5:25 pm   | 6:40—7:10 pm   | 12:05—12:35 pm  |   |
| <b>Learn to Swim Aquatics (Ages 5–12) : Level 1 (Beginner)—Level 6 (Advanced)</b> |   |   |  |                              |  |  |   |   |
| <b>Level 1 Beginner</b>   | 9:50—10:35 am<br>10:40—11:25 am<br>11:30—12:15 pm | 12:20—1:05 pm<br>1:10—1:55 pm                   | 5:10—5:55 pm<br>6:00—6:45 pm<br>6:50—7:35 pm | 7:30—8:25 pm<br>7:40—8:15 pm | 3:10—3:55 pm<br>4:00—4:45 pm<br>4:50—5:35 pm                                   | 5:40—6:25 pm<br>6:30—7:15 pm<br>7:20—8:05 pm                                 | 9:10—9:55 am<br>10:00—10:45 am<br>10:50—11:35 am                | 11:40—12:25 pm<br>12:30—1:15 pm<br>12:40—1:25 pm                    |
| <b>Level 2</b>  | 12:20—1:05 pm                                     | 1:10—1:55 pm                                    | 5:10—5:55 pm<br>6:00—6:45 pm<br>6:50—7:35 pm | 7:30—8:25 pm<br>7:40—8:15 pm | 3:10—3:55 pm<br>4:00—4:45 pm<br>4:50—5:35 pm                                   | 5:40—6:25 pm<br>6:30—7:15 pm<br>7:20—8:05 pm                                 | 9:10—9:55 am<br>10:00—10:45 am<br>10:50—11:35 am                | 11:40—12:25 pm<br>12:30—1:15 pm                                     |
| <b>Level 3</b>  | 9:50—10:35 am                                     | 12:20—1:05 pm<br>1:10—1:55 pm                   | 5:10—5:55 pm<br>6:00—6:45 pm                 | 6:50—7:35 pm<br>7:30—8:25 pm | 3:10—3:55 pm<br>4:00—4:45 pm<br>4:50—5:35 pm                                   | 5:40—6:25 pm<br>6:30—7:15 pm<br>7:20—8:05 pm                                 | 9:10—9:55 am<br>10:00—10:45 am<br>10:50—11:35 am                | 11:40—12:25 pm<br>12:30—1:15 pm                                     |
| <b>Level 4</b>  | 10:40—11:25 am<br>11:30—12:15 pm                  | 12:20—1:05 pm<br>1:10—1:55 pm                   | 5:10—5:55 pm<br>6:00—6:45 pm                 | 6:50—7:35 pm<br>7:40—8:15 pm | 3:10—3:55 pm<br>4:00—4:45 pm<br>4:50—5:35 pm                                   | 5:40—6:25 pm<br>6:30—7:15 pm<br>7:20—8:05 pm                                 | 9:10—9:55 am<br>10:00—10:45 am<br>10:50—11:35 am                | 11:40—12:25 pm<br>12:30—1:15 pm                                     |
| <b>Level 5</b>  | 11:30—12:15 pm                                    | 12:20—1:05 pm                                   | 5:10—5:55 pm<br>6:50—7:35 pm<br>7:40—8:15 pm |                              | 3:10—3:55 pm<br>4:00—4:45 pm<br>4:50—5:35 pm                                   | 5:40—6:25 pm<br>6:30—7:15 pm<br>7:20—8:05 pm                                 | 10:00—10:45 am  | 10:50—11:35 am<br>11:40—12:25 pm<br>12:30—1:15 pm                   |
| <b>Level 6 Advanced</b>   | 10:40—11:25 am                                    | 1:10—1:55 pm                                    | 6:00—6:45 pm                                 | 7:40—8:15 pm                 | 4:00—4:45 pm<br>5:40—6:25 pm   | 6:30—7:15 pm<br>7:20—8:05 pm   | 9:10—9:55 am<br>10:00—10:45 am                                  | 10:50—11:35 am<br>11:40—12:25 pm                                    |
| <b>Adult Aquatics (Ages 13+) *No Prerequisites for Adult Basics</b>               |   |   |  |                              |  |  |   |   |
| <b>Adult Basics Beginner</b>  |   |   | 6:00—6:45 pm                                 | 7:40—8:15 pm                 | 10:15—11:00 am<br>4:00—4:45 pm<br>7:20—8:05 pm                                 |  | 10:50—11:35 am<br>11:40—12:25 pm<br>12:30—1:15 pm               |   |
| <b>Adult Stroke Development Advanced</b>  |   |   | 6:50—7:35 pm                                 |                              |  |  | 9:10—9:55 am    12:30—1:15 pm                                   |   |

# LEVEL PROGRESSIONS

## Parent Child

(ages 6 months-3 years)

This class is designed to familiarize children with the water and teach swimming readiness skills through exciting activities, games and songs. Each child must be accompanied by an adult in the water, and a swim diaper must be worn. (1:10 ratio)

**Preschool**  
(ages 3-5)  
Levels 1-4

**Learn to Swim**  
(ages 5-13)  
Levels 1-6

**Learn to Swim**  
**Level 1**  
1:6 ratio

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

**Preschool**  
**Level 1**  
1:5 ratio

Level 1—  
I'm a beginner ready to learn fundamental skills of swimming (floating, gliding, kicking, submerging).

**Preschool**  
**Level 2**  
1:5 ratio

Level 2—  
I can put my face in the water and can float & swim with some assistance. I need to practice swimming longer durations with some assistance, and begin working on independence.

**Preschool**  
**Level 3**  
1:6 ratio

Level 3—  
I can submerge 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**  
**Level 4**  
1:6 ratio

Level 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**  
**Level 2**  
1:6 ratio

Level 2 —  
I can swim independently for a short distance, but still need to improve Freestyle & Backstroke technique.

**Learn to Swim**  
**Level 3**  
1:6 ratio

Level 3 —  
I can swim Freestyle (with side breathing) & Backstroke but I need to learn Breaststroke & Butterfly.

**Learn to Swim**  
**Level 4**  
1:6 ratio

Level 4—  
I can swim Free, Back & Breast but need to improve Breast & Fly technique and practice diving.

**Learn to Swim**  
**Level 5**  
1:8 ratio

Level 5—  
I can swim 25 yards of each competitive stroke. I need to work on stroke refinement, endurance, flip turns and diving from the block in the competition pool.

**Learn to Swim**  
**Level 6**  
1:8 ratio

Level 6—  
I have strong endurance and I can dive & swim in deep water. I need to fine-tune strokes, turns, and finishes to prepare for a swim team.

**Adults**  
(ages 13+)  
2 Levels

**Adult Basics (1:6 ratio)**— I'm a beginner ready to learn the fundamental skills of swimming, as well as swimming the basic strokes independently.

**Adult Stroke Development (1:8 ratio)**— 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.