



# Cumming Aquatic Center Group Swim Lessons — Fall 2025

## Monday & Wednesday Lessons

Session 1: Aug 25—Sept 17 (7 lessons—no lesson 9/1)  
 Session 4: Sept 29—Oct 22 (8 lessons)  
 Session 6: Oct 27—Nov 19 (8 lessons)  
 Session 9: Dec 1—Dec 17 (6 lessons)

## Tuesday & Thursday Lessons

Session 2: Aug 26—Sept 18 (8 lessons)  
 Session 5: Sept 30—Oct 23 (8 lessons)  
 Session 7: Oct 28—Nov 20 (8 lessons)  
 Session 10: Dec 2—Dec 18 (6 lessons)

## Saturday Lessons

Session 3: Sept 6—Oct 25  
 (7 lessons—no lesson 9/27)  
 Session 8: Nov 1—Dec 20  
 (7 lessons—no lesson 11/29)

| Swim Lesson Fees                    |                | 8 lessons | 7 lessons | 6 lessons |
|-------------------------------------|----------------|-----------|-----------|-----------|
| Parent & Child / Preschool Aquatics | 30 min lessons | \$110     | \$97      | \$85      |
| Learn to Swim / Adult Aquatics      | 45 min lessons | \$158     | \$139     | \$121     |

The schedule below outlines class offerings throughout the Fall season, though offerings may vary by session according to demand. Please use this as a guide and refer to the online registration details for current availability.

| Class   | Mondays & Wednesdays         | Tuesdays & Thursdays            | Saturdays   |
|---|------------------------------|---------------------------------|---|
| <b>Parent &amp; Child Aquatics (Ages 6 months—3 years) *No Prerequisites</b>      |                              |                                 |   |
| <b>Parent &amp; Child</b><br>[1:10 ratio]   | Not Available                | 5:20—5:50pm                     | 9:10—9:40 am<br>10:20—10:50 am                    |
| <b>Preschool Aquatics (Ages 3-5) : Level 1 (Beginner)—Level 4 (Advanced)</b>      |                              |                                 |   |
| <b>Preschool Level 1</b><br>[1:5 ratio]   | 4:35—5:05 pm                 | 4:10—4:40 pm                    | 9:10—9:40 am                                      |
| <b>Level 2</b><br>[1:5 ratio]   | 5:10—5:40 pm                 | 4:45—5:15 pm                    | 9:45—10:15 am                                     |
| <b>Level 3</b><br>[1:6 ratio]   | 5:45—6:15 pm                 | 5:20—5:50 pm                    | 10:20—10:50 am                                    |
| <b>Level 4</b><br>[1:6 ratio]   | 6:20—6:50 pm                 | 5:55—6:25 pm                    | 10:55—11:25 am                                    |
|   |                              | 6:30—7:00 pm                    | 11:30—12:00 pm                                    |
|   |                              | 7:05—7:35 pm                    | 12:05—12:35 pm                                    |
|   |                              |                                 | 12:40—1:10 pm                                     |
| <b>Learn to Swim Aquatics (Ages 5—12) : Level 1 (Beginner)—Level 6 (Advanced)</b> |                              |                                 |   |
| <b>LTS Level 1</b><br>[1:6 ratio]   | 4:20—5:05pm                  | 4:10—4:55 pm                    |   |
| <b>Level 2</b><br>[1:6 ratio]   | 5:10—5:55 pm                 | 5:00—5:45 pm                    | 9:10—9:55 am                                      |
| <b>Level 3</b><br>[1:6 ratio]   | 6:00—6:45 pm                 | 5:50—6:35 pm                    | 10:00—10:45 am                                    |
| <b>Level 4</b><br>[1:6 ratio]   | 6:50—7:35 pm                 | 6:40—7:25 pm                    | 10:50—11:35 am                                    |
| <b>Level 5</b><br>[1:8 ratio]   | 6:55—7:40 pm                 | 7:30—8:15 pm                    | 11:40—12:25 pm                                    |
| <b>Level 6</b><br>[1:8 ratio]   | LTS 6 Not Available          | 7:40—8:25 pm                    | 12:30—1:15 pm                                     |
| <b>Adult Aquatics (Ages 13+) *No Prerequisites for Adult Basics</b>               |                              |                                 |   |
| <b>Adult Basics</b><br>Beginner Level<br>[1:6 ratio]                              | 5:10—5:55 pm<br>6:00—6:45 pm | 6:40—7:25 pm<br>7:30—8:15 pm    | 10:50—11:35 am<br>11:40—12:25 pm<br>12:30—1:15 pm |
| <b>Stroke Development</b><br>Advanced Level<br>[1:8 ratio]                        | 6:50—7:35 pm                 | Adult Stroke Dev. Not Available | 11:40am—12:25 pm<br>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

## 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

(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).

## 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.