



# Cumming Aquatic Center Group Swim Lessons

Late Winter  
2026

<b>Monday &amp; Wednesday</b> <i>Evenings</i>	<b>Tuesday &amp; Thursday</b> <i>Evenings</i>	<b>Saturday</b> <i>Mornings</i>
<b>Session 1:</b> Jan 5 <sup>th</sup> —Jan 28 <sup>th</sup> (7*) *No lessons MLK 1/19  <b>Session 4:</b> Feb 2 <sup>nd</sup> —Feb 18 <sup>th</sup> (6)  <b>Session 7:</b> Feb 23 <sup>rd</sup> —March 11 <sup>th</sup> (6)	<b>Session 2:</b> Jan 6 <sup>th</sup> —Jan 29 <sup>th</sup> (8)  <b>Session 5:</b> Feb 3 <sup>rd</sup> —Feb 19 <sup>th</sup> (6)  <b>Session 8:</b> Feb 24 <sup>th</sup> —March 12 <sup>th</sup> (6)	<b>Session 3:</b> Jan 10 <sup>th</sup> —Feb 14 <sup>th</sup> (6)  <b>Session 6:</b> Feb 21 <sup>st</sup> —March 28 <sup>th</sup> (6)

<b>Swim Lesson Fees per session :</b>	(8) lessons	(7) lessons	(6) lessons
<b>Parent &amp; Child / Preschool</b>	30 min lessons	\$110	\$97
<b>Learn to Swim / Adult</b>	45 min lessons	\$158	\$139

The schedule below outlines class offerings throughout the Late Winter Season.  
 Class options may vary by session based on demand. Please check online registration for current availability.

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