



Cumming Aquatic Center Group Swim Lessons—Fall/Winter 2026

Monday & Wednesday <i>Evenings</i>		Tuesday & Thursday <i>Evenings</i>		Saturday <i>Mornings</i>	
Session	Dates (# of lessons)	Session	Dates (# of lessons)	Session	Dates (# of lessons)
1	Aug 31—Sept 23 (7) *skip 9/7	2	Sept 1-Sept 24 (8)	3	Sept 12—Oct 31 (7) *skip 10/3
4	Oct 5—Oct 28 (8)	5	Oct 6—Oct 29 (8)	8	Nov 7—Dec 19 (6) *skip 11/28
6	Nov 2—Nov 18 (6)	7	Nov 3—Nov 19 (6)		
9	Nov 30—Dec 16 (6)	10	Dec 1—Dec 17 (6)		

Swim Lesson Fees per session :		(8) lessons	(7) lessons	(6) lessons	
Parent & Child / Preschool		30 min lessons	\$110	\$97	\$85
Learn to Swim / Adult		45 min lessons	\$158	\$139	\$121

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

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

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

1

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.