



Cobb County...Expect the Best!

Central Aquatic Center

520 S. Fairground St., Marietta

Swimming Lessons Spring 2023



Cobb County...Expect the Best!

Swim lesson registration for Cobb County residents will begin on **Saturday, March 18, 2023 @ 9 am**.
Saturday Classes will meet for 6 Saturdays.

You must have an existing account or create one online account at **cobbparks.org** – click 'I want to...' and select 'Register for Activities' then log in or create an account. If you believe you have an account, use the 'I forgot my password' option to reset your password.

Saturday

April 8 - May 13

Registration for Cobb Residents

March 18 at 9:00 AM

Registration for Non-Cobb Residents

March 20 at 9:00 AM

Withdrawal and Refund Policy

Registration fees are 100% refundable when the department cancels the activity. A participant wishing to withdraw from a class that has not been cancelled by the department must provide a request at least **seven days** before the scheduled start of the class. They may receive 100% credit to the family's account or may request a refund. Within the week prior to the scheduled start of a class refund/credits will not be given except for verified medical/hardship cases. Refunds for payment made by cash or check will be received approximately 2-4 weeks after the refund is requested.

Waitlist Policy

If your child is currently on a wait list and a spot becomes available, you will receive an email from the facility management. **You will have 24 hours to accept the spot in the class.** Payment will be due upon acceptance to reserve the spot. Please check your inboxes and junk mail for emails from:

*Cobb County PARKS, Senior Services, Government - Waiting List Notification - noreply@rec1.com

Parent and Child Program

\$40.00 Cobb County Residents

\$60.00 Non-Cobb Residents

Parent Tot (ages 6 months to 3 years)

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please

Time	Days	Session	Activity Code	(Notes)
8:15-8:45 AM	Sat	Sat	30316	

Preschool Program

\$40.00 Cobb County Residents

\$60.00 Non-Cobb Residents

Tadpole (ages 3-5)

This class is designed for the true beginner. Water adjustment skills, blowing bubbles, submerging, and water safety are taught in a playful atmosphere.

Time	Days	Session	Activity Code	(Notes)
9:00-9:30 AM	Sat	Sat	30317	

Minnow (ages 3-5)

This class is for preschoolers who can already put their faces in the water. Kicking, stroking, gliding, floating and jumping in will be taught in a playful atmosphere.

Time	Days	Session	Activity Code	(Notes)
9:45-10:15 AM	Sat	Sat	30318	

Seals (ages 3-5)

This class is designed for preschoolers who can already swim. The coordination of the flutter kick and alternating arm strokes will be taught. Rhythmic breathing, water safety, and confidence in the water will be stressed.

Time	Days	Session	Activity Code	(Notes)
10:30-11:00 AM	Sat	Sat	30319	

Beginner: Water Exploration (ages 5-15)

This class is designed for true Beginners. This class begins at age 5 for the child with no swimming experience or a child who has a fear of the water. This class will teach floating, kicking, swimming, breathing, and submersion. To complete this class and progress to Advanced Beginner, students must be able to: float on their stomach without assistance, swim Freestyle for three body lengths, take a breath while swimming Freestyle, jump in and return to the side of the pool, and perform a kneeling dive.

Time	Days	Session	Activity Code	(Notes)
11:10 AM -12:00 PM	Sat	Sat	30320	

Advanced Beginner: Primary Skills (must pass Beginner, ages 5½-15)

This class is for children ages 5½ and up who are comfortable in the water, and can swim for several body lengths without assistance. This class will build upon the skills taught in the Beginner class and introduce rotary breathing in Freestyle and the Backstroke. To complete this class and progress to Stroke Development participants must be able to: kick in the streamline position for five body lengths, take three breaths while swimming Freestyle, float on their back for 30 seconds, demonstrate the rotary breathing technique, swim Elementary Backstroke for five body lengths, and perform a standing dive.

Time	Days	Session	Activity Code	(Notes)
12:10-1:00 PM	Sat	Sat	30321	

Stroke Development: (must pass Advanced Beginner; ages 6-15)

This class is for children ages 6 and up who can swim 15 feet unassisted on their front and back, using any type of rhythmic breathing. This class will build upon the skills taught in the Advanced Beginner class and introduce Breaststroke, Backstroke, and Treading Water. Students should be comfortable in Deep Water. To progress to the Advanced Swimmer swim class, students must be able to: swim 25 yards Freestyle with rotary breathing, swim Backstroke for 15 yards, perform the Breast Stroke kick, and Tread water for 30 seconds.

Time	Days	Session	Activity Code	(Notes)
9:00-9:50 AM	Sat	Sat	30322	

Advanced Swimmer: (must pass Stroke Development; ages 6-15)

This class is for children ages 6 and up who can swim Freestyle with rotary breathing for 25 yards, swim Backstroke for 15 yards, and demonstrate the proper technique for the Breast Stroke kick. This class will work on stroke technique and endurance for all 4 competitive swimming strokes. To progress to the Pre-Competitive class students must be able to: swim 50 yards of Front Crawl with rotary breathing, swim 25 yards of Backstroke, swim 15 yards of Breaststroke with proper timing and breathing, demonstrate a flip turn, and perform the Dolphin kick for 25 yards.

Time	Days	Session	Activity Code	(Notes)
10:00-10:50 AM	Sat	Sat	30323	

Pre-Competitive: (must pass Advanced Swimmer; ages 6-15)

The 'Pre-Competitive' swim class is designed for those students who can swim 50 yards Freestyle with Rotary Breathing and 25 yards each of Backstroke and Breaststroke. This class will focus on endurance, starts, turns, and overall efficiency and technique of all four competitive strokes. There are no exit skills for this class, as students will continue to improve on their strokes through more practice.

Time	Days	Session	Activity Code	(Notes)
11:00-11:50 AM	Sat	Sat	30324	

Adult Program**\$80.00 Cobb County Residents****\$120.00 Non-Cobb Residents****Adult Basics (ages 15+)**

This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introduces freestyle, back crawl, introduction to deep water, and basic water safety.

Time	Days	Session	Activity Code	(Notes)
12:00-12:50 PM	Sat	Sat	30325	