



# Mountain View Aquatic Center

## Spring 2024 Swim Lesson Schedule



3131 Hong Way NE  
Marietta, GA 30066  
770-509-4925

You must create an online account at [CobbPARKS.org](http://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.

### Registration for Cobb Residents

Saturday, March 9<sup>th</sup> at 12:00pm

### Registration for Non-Cobb Residents

Monday, March 11<sup>th</sup> at 10:00am

## Spring 2024 Session dates

Session 1: March 18<sup>th</sup> — April 11<sup>th</sup> (6 lessons total)

Session 2: April 15<sup>th</sup> — May 2<sup>nd</sup> (6 lessons total)

Sat Session : March 23<sup>rd</sup> — April 20<sup>th</sup> (5 lessons total)

### 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 Waiting List Notification Email: [noreply@rec1.com](mailto:noreply@rec1.com)

### 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.

### COVID-19 Considerations

Masks are recommended but not required inside of the facility.

## PARENT AND CHILD PROGRAM

### Parent-tot (ages 6 months-3 years)

The 'Parent-Tot' class is designed for children from ages 6 months to 3 years old and they must be accompanied by an adult in the water (more than one adult may be in the water with the child).

This class introduces the child to the water while teaching the Parent skills to help the child adjust to the water. These skills include Blowing Bubbles, Kicking, Pulling, and going Under Water. Children are required to wear Swim Diapers - No disposable diapers please.

Time	Days	Session	Dates	Activity Code	Price	Notes
9:00-9:30a	Tues/Thurs	Session 1	3/19-4/11	37869	\$40.00	
9:00-9:30a	Tues/Thurs	Session 2	4/16-5/2	37870	\$40.00	

## PRESCHOOL PROGRAM

### Tadpole (ages 3-5 years)

This class is designed for the true beginner. Water adjustment skills, blowing bubbles, submerging, and water safety are taught in a playful atmosphere. A good fitting pair of goggles are strongly recommended for classes. If your child has long hair, it is strongly recommended to bring a hair tie or swim cap to keep hair off the child's face.

Time	Days	Session	Dates	Activity Code	Price	Notes
9:00a-9:30a	Saturday	Saturday	3/23-4/20	37871	\$33.33	*5 classes total
3:30-4:00p	Mon/Wed	Session 1	3/18-4/10	37872	\$40.00	
3:30-4:00p	Mon/Wed	Session 2	4/15-5/1	37873	\$40.00	

### Minnow (ages 3-5 years)

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. A good fitting pair of goggles are strongly recommended for classes. If your child has long hair, it is strongly recommended to bring a hair tie or swim cap to keep hair off the child's face.

Time	Days	Session	Dates	Activity Code	Price	Notes
9:45-10:15a	Saturday	Saturday	3/23-4/20	37874	\$33.33	*5 classes total
4:15-4:45p	Mon/Wed	Session 1	3/18-4/10	37875	\$40.00	
4:15-4:45p	Mon/Wed	Session 2	4/15-5/1	37876	\$40.00	

### Seals (ages 3-5 years)

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. A good fitting pair of goggles are strongly recommended for classes. If your child has long hair, it is strongly recommended to bring a hair tie or swim cap to keep hair off the child's face.

Time	Days	Session	Dates	Activity Code	Price	Notes
10:30-11:00a	Saturday	Saturday	3/23-4/20	37877	\$33.33	*5 classes total
5:00-5:30p	Mon/Wed	Session 1	3/18-4/10	37878	\$40.00	
5:00-5:30p	Mon/Wed	Session 2	4/15-5/1	37879	\$40.00	

## LEARN TO SWIM PROGRAM

### Beginner - Water Exploration (ages 5-14 years)

This class is designed for true Beginners. This class begins at age 5 for children with no swimming experience or children who have a fear of the water. This class will teach floating, kicking, basic strokes, breathing, and submersion. A good fitting pair of goggles are strongly recommended for classes. If your child has long hair, it is strongly recommended to bring a hair tie or swim cap to keep hair off the child's face.

Time	Days	Session	Dates	Activity Code	Price	Notes
11:10-12:00p	Saturday	Saturday	3/23-4/20	37880	\$66.67	*5 classes total

### Advanced Beginner (ages 5 -14 years)

The Advanced Beginner Swim Class is for children ages 5 1/2 and up who are comfortable going under water and can float without assistance. This class will build upon the skills taught in the beginner class and introduce the front crawl, backstroke, and orientation into the deep water. A good fitting pair of goggles are strongly recommended for classes. If your child has long hair, it is strongly recommended to bring a hair tie or swim cap to keep hair off the child's face.

Time	Days	Session	Dates	Activity Code	Price	Notes
11:00-11:50p	Saturday	Saturday	3/23-4/20	37881	\$66.67	*5 classes total

### Stroke Development (ages 6 - 14 years)

This class is for children ages 6 to 14 who can swim 25 yards unassisted on their front, using any type of rhythmic breathing, and can swim 25 yards unassisted on their back. 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. A good fitting pair of goggles are strongly recommended for classes. If your child has long hair, it is strongly recommended to bring a hair tie or swim cap to keep hair off the child's face.

Time	Days	Session	Dates	Activity Code	Price	Notes
10:00-10:50a	Saturday	Saturday	3/23-4/20	37883	\$66.67	*5 classes total

### Advanced Swimmer (ages 6 - 14 years)

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 Breast Stroke kick. This class will work on stroke technique and endurance for all 4 competitive swimming strokes. A good fitting pair of goggles are strongly recommended for classes. If your child has long hair, it is strongly recommended to bring a hair tie or swim cap to keep hair off the child's face.

Time	Days	Session	Dates	Activity Code	Price	Notes
12:00-12:50p	Saturday	Saturday	3/23-4/20	37886	\$66.67	*5 classes total

## ADULT LEARN TO SWIM PROGRAM

### Adult Basics I (ages 15 and up)

This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introducing freestyle, back crawl, breaststroke, introduction to deep water, and basic water safety. A good fitting pair of goggles are strongly recommended for classes. If the participant has long hair, please make sure to bring a hair tie/swim cap to keep hair off the swimmer's face.

Time	Days	Session	Dates	Activity Code	Price	Notes
9:00-9:50a	Saturday	Saturday	3/23-4/20	37882	\$66.67	*5 classes total