

Central Aquatic Center

Located at 520 Fairground Street next to the Cobb Civic Center in the Larry Bell Fitness Complex

Hours of operation:

Lap Swim:	Mon.-Thurs.	6 am-8 pm
	Fri	6 am-6 pm
	Sat	9 am-2 pm
	Sun	Closed

Call for available open swim times (770) 528-8465.

Swimming Lessons Fall 2011

Session I	Aug 15-Sept 1
*Session II	Sept 6-22
Session III	Sept 26-Oct 13
Saturday	Sept 10- Oct 15

*Session II – M/W classes only (No class on Mon. 9/5, make-up day will be on Fri. 9/9).

Swim lesson registration for Cobb County Residents will be held at 9:00 am on August 13, 2011.

Non-Cobb resident's registration begins at 9:00 am on August 15th

Mountain View Aquatic Center

Located at 2650 Gordy Parkway in East Cobb

Hours of operation:

Lap Swim:	Mon.-Fri.	6 am-9 pm
	Sat.	9 am-5 pm
	Sun.	2 pm-5 pm

Call for available open swim times (770) 509-4925.

Swimming Lessons Summer 2011

Session I	August 15-Sept 1
**No lessons the week of Labor Day (9/5-9)	
Session II	Sept 12 – 29
Session III	October 3 – 20
Saturday*	Sept 10 – Oct 29

*Skip Sat 9/24 & 10/8 – swim meets

On-Line and Walk Up Registration

Cobb County Residents: August 13th

Registration will begin at 12:00pm

Non-Cobb resident's registration begins at 12:00 pm on August 15th

West Cobb Aquatic Center

Located at 3675 Macland Road in Powder Springs

Hours of operation:

Lap Swim:	Mon.-Fri.	6 am-9 pm
	Sat	9 am-5 pm
	Sun	CLOSED

Call for available open swim times 770-222-6700

Swimming Lessons Fall 2011

Session I	Aug 15-Sept 1
Session II	Sept 7-26
Session III	Sept 28-Oct 17
Session IV	Oct 19-Nov 7
Saturday Session	Sept 10-Oct 15

Swim lesson registration for Cobb County Residents will be held at 2:00 pm on August 13, 2011.

Non-Cobb resident's registration begins at 2:00 pm August 15th.

South Cobb Aquatic Center

Located at 875 Six Flags Drive in Austell

Hours of Operation:

Mon – Thur	12pm - 7pm
Fri	2pm – 9pm
Sat	9 am – 5 pm
Sun	2 pm – 5 pm

Call for open swim and lap swim times 770-739-3180

Swimming Lessons Fall 2011

Session I	Aug 15- Sept 1
Session II	Sept 12- Sept 29
Session III	Oct 3- Oct 20
Saturday	Sept 10- Oct 15

Swim lesson registration for Cobb County Residents will be held at 6:00 pm on August 12th, 2011.

Non-Cobb resident's registration begins at 6:00 pm August 13th

Aquatic Center – Lessons Aquatic Center – Lessons

Adult Basics (age 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. Introducing freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

46618	Sat	Sept 10- Oct 15	1:00-1:50 PM
46543	T/Th	Aug 16-Sept 1	7:00-7:50 PM
46544	T/Th	Sept 6-22	7:00-7:50 PM
41581	T/Th	Sept 27-Oct 13	7:00-7:50 PM

Mountain View Aquatic Center

41580	Sat	Sept 10-Oct 29	9:30-10:20AM
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South Cobb Aquatic Center

46453	Sat	Sept 10- Oct 15	1:00- 1:50 PM
46450	M, W	Aug 15-31	6:00-6:50 PM
46451	M, W	Sept 12-28	6:00-6:50 PM
46452	M,W	Oct 3- 19	6:00-6:50 PM

West Cobb Aquatic Center

36377	T, Th	Sept 6-22	8:10- 9:00 PM
36378	Sat	Sept 10 Oct 15	1:05-1:55 PM

Adult Basics II (age 15+)

This class is designed to teach adults who have successfully completed Adult Basics I. It will teach freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

46546	Sat	Sept 10- Oct 15	12-12:50 PM
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Adult Stroke Development (age 15+)

This class is for individuals who can swim at least 50 yards of freestyle without stopping and can swim backstroke and breaststroke, and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

46548	Sat	Sept 10- Oct 15	11:00-11:50 AM
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Adult Advanced Stroke Development (age 15+)

This class is for individuals who have completed the Adult Stroke Development class and who are comfortable swimming laps and being in deep water. This class will build ones endurance and improve stroke proficiency.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

46551	Sat	Sept 10- Oct 15	10-10:50 AM
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Parent and Child Classes: (ages 6 months – 3 years)

Parent Tot (age 6mos-18mos)

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.

Fees: \$32.00 (Cobb Res) \$57.00 (Non Cobb)

Central Aquatic Center

46578	Sat	Sept 10- Oct 15	9:00-9:30 AM
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Mountain View Aquatic Center

46421	Sat	Sept 10-Oct 29	9:00-9:30AM
46430	T/Th	Aug 16-Sept 1	11-11:30 AM
46431	T/Th	Sept 13-29	11-11:30 AM
46432	T/Th	Oct 3-19	11-11:30 AM

South Cobb Aquatic Center

46480	Sat	Sept 10- Oct 15	9:00- 9:30 AM
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West Cobb Aquatic Center

36402	M, W	Sept 7-26	11:00- 11:30 AM
36403	M, W	Set 28-Oct 17	11:00- 11:30 AM
36404	M, W	Oct 19-Nov 7	11:00- 11:30 AM
36405	T, Th	Sept 6-22	11:00- 11:30 AM
36406	T, Th	Sept 27-Oct 13	11:00- 11:30 AM
36407	T, Th	Oct 18-Nov 3	11:00- 11:30 AM
36408	Sat	Sept 10-Oct 15	9:10- 9:40 AM

Parent Tot II (age 18mos-3 yrs)

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.

Fees: \$32.00 (Cobb Res) \$57.00 (Non Cobb)

South Cobb Aquatic Center

46481	Sat	Sept 10-Oct 15	9:00- 9:30 AM
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Preschool Classes (ages: 3-5 years)

Tadpole (age 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

Fees: \$32.00 (Cobb Res) \$57.00 (Non Cobb)

Central Aquatic Center

46588	Sat	Sept 10- Oct 15	9:45-10:15AM
46587	M/W	Aug 15-31	5:00-5:30 PM
47071	M/W	Sept 7-21	5:00-5:30 PM
46594	M/W	Sept 26-Oct 12	5:00-5:30 PM
46591	T/Th	Aug 16-Sept 1	1:15-1:45 PM
46592	T/Th	Sept 6-22	1:15-1:45 PM
46593	T/Th	Sept 27-Oct 13	1:15-1:45 PM
46589	T/Th	Aug 16-Sept 1	4:00-4:30 PM
46590	T/Th	Sept 6-22	4:00-4:30 PM
46595	T/Th	Sept 27-Oct 13	4:00-4:30 PM

Mountain View Aquatic Center

46381	Sat	Sept 10-Oct 29	9:00-9:30AM
46380	T/Th	Aug 16-Sept 1	11:45-12:15AM
46419	T/Th	Sept 13-29	11:45-12:15AM
46420	T/Th	Oct 3-19	11:45-12:15AM

South Cobb Aquatic Center

46499	Sat	Sept 10- Oct 15	9:45-10:15 AM
46495	T, Th	Aug 16- Sept 1	4:30- 5:00 PM
46496	T, Th	Sept 13-29	4:30- 5:00 PM
46497	T, Th	Oct 4-20	4:30- 5:00 PM

West Cobb Aquatic Center

36424	Sat	Sept 10-Oct 15	9:45-10:15 AM
36416	M, W	Sept 7-26	11:45 AM -12:15 PM
36417	M, W	Sept 28-Oct 17	11:45 AM -12:15 PM
36418	M, W	Oct 19-Nov 7	11:45 AM -12:15 PM
36419	M, W	Sept 7-26	6:30-7:00 PM
36420	T, Th	Sept 6-22	11:45 AM -12:15 PM
36421	T, Th	Sept 27-Oct 13	11:45 AM -12:15 PM
36422	T, Th	Oct 18-Nov 3	11:45 AM -12:15 PM
36423	T, Th	Sept 6-22	6:30-7:00 PM

Minnow (age 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.

Fees: \$32.00 (Cobb Res) \$57.00 (Non Cobb)

Central Aquatic Center

46626	Sat	Sept 10- Oct 15	10:30-11:00 AM
46569	M/W	Aug 15-31	5:00- 5:30 PM
46570	M/W	Sept 7-21	5:00- 5:30 PM
46571	M/W	Sept 26-Oct 12	5:00- 5:30 PM
46572	T/Th	Aug 16-Sept 1	2:00-2:30 PM
46573	T/Th	Sept 6-22	2:00-2:30 PM
46574	T/Th	Sept 27-Oct 13	2:00-2:30 PM
46575	T/Th	Aug 16-Sept 1	4:45-5:15 PM
46576	T/Th	Sept 6-22	4:45-5:15 PM
46577	T/Th	Sept 27-Oct 13	4:45-5:15 PM

Mountain View Aquatic Center

46407	Sat	Sept 10-Oct 29	9:00-9:30AM
46410	T/Th	Aug 16-Sept 1	12:30-1:00PM
46411	T/Th	Sept 13-29	12:30-1:00PM
46438	T/Th	Oct 3-19	12:30-1:00PM

South Cobb Aquatic Center

46478	Sat	Sept 10- Oct 15	10:30-11:00 AM
46472	T, Th	Aug 16- Sept 1	5:15-5:45 PM
46473	T, Th	Sept 13-29	5:15-5:45 PM
46475	T, Th	Oct 4-20	5:15-5:45 PM

West Cobb Aquatic Center

36392	M, W	Sept 7-26	12:30-1:00 PM
36393	M, W	Sept 28-Oct 17	12:30-1:00 PM
36394	M, W	Oct 19-Nov 7	12:30-1:00 PM
36395	M, W	Aug 15-31	6:30-7:00 PM
36396	M, W	Sept 7-26	6:30-7:00 PM
36397	T, Th	Sept 6-22	12:30-1:00 PM
36398	T, Th	Sept 27-Oct 13	12:30-1:00 PM
36399	T, Th	Oct 18-Nov 3	12:30-1:00 PM
36400	T, Th	Aug 16-Sept 1	6:30-7:00 PM
36401	T, Th	Sept 6-22	6:30-7:00 PM
36391	Sat	Sept 10-Oct 15	10:25-10:55 AM

Preschool Classes (ages: 3-5 years) continued

Seals (age 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.

Fees: \$32.00 (Cobb Res) \$57.00 (Non Cobb)

Central Aquatic Center

46579	Sat	Sept 10- Oct 15	11:15-11:45AM
46580	T/Th	Aug 16-Sept 1	2:45- 3:15 PM
46581	T/Th	Sept 6-22	2:45- 3:15 PM
46582	T/Th	Sept 27-Oct 13	2:45- 3:15 PM
46583	T/Th	Aug 16-Sept 1	5:30-6:00 PM
46584	T/Th	Sept 6-22	5:30-6:00 PM
46585	T/Th	Sept 27-Oct 13	5:30-6:00 PM

Mountain View Aquatic Center

46418	Sat	Sept 10-Oct 29	9:00-9:30AM
46416	T/Th	Aug 16-Sept 1	1:15-1:45PM
46417	T/Th	Sept 13-29	1:15-1:45PM
46439	T/Th	Oct 3-19	1:15-1:45PM

South Cobb Aquatic Center

46490	Sat	Sept 10- Oct 15	11:15-11:45 AM
46486	T, Th	Aug 16- Sept 1	5:15-5:45 PM
46487	T, Th	Sept 13-29	5:15-5:45 PM
46488	T, Th	Oct 4-20	5:15-5:45 PM

West Cobb Aquatic Center

36409	M, W	Sept 7-26	1:15- 1:45 PM
36410	M, W	Sept 28-Oct 17	1:15- 1:45 PM
36411	M, W	Oct 19-Nov 7	1:15- 1:45 PM
36412	M, W	Aug 15-31	6:30-7:00 PM
36413	T, Th	Sept 6-22	1:15- 1:45 PM
36414	T, Th	Sept 27-Oct 13	1:15- 1:45 PM
36415	T, Th	Oct 18-Nov 3	1:15- 1:45 PM

Learn to Swim Program - Age 5 1/2 & up

Level 1 (age 5 1/2 - 15)

This class is designed for children 5 1/2 or older who have little or no swimming experience or who have a fear of the water. Basic water safety skills, placing face in the water, propulsion skills with support, and floating are taught at this level.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

46556	Sat	Sept 10- Oct 15	11-11:50 AM
46554	M/W	Aug 15-31	4:00-4:50 PM
46555	M/W	Sept 7-21	4:00-4:50 PM
46557	M/W	Sept 26-Oct 12	4:00-4:50 PM
46552	T/Th	Aug 16-Sept 1	6:00-6:50 PM
46596	T/Th	Sept 6-22	6:00-6:50 PM
46553	T/Th	Sept 27-Oct 13	6:00-6:50 PM

Mountain View Aquatic Center

46384	Sat	Sept 10-Oct 29	12:00-12:50 PM
46387	T/Th	Aug 16-Sept 1	4:30-5:20 PM
46388	T/Th	Sept 13-29	4:30-5:20 PM
46429	T/Th	Oct 3-19	4:30-5:20 PM

South Cobb Aquatic Center

46454	M,W	Aug 15- 31	4:30-5:20 PM
46455	M,W	Sept 12- 28	4:30-5:20 PM
46456	M,W	Oct 3-19	4:30-5:20 PM
46458	Sat	Sept 10- Oct 15	11:00- 11:50 AM

West Cobb Aquatic Center

36379	Sat	Sept 10-Oct 15	11:05-11:55 AM
36380	M, W	Aug 15-31	7:10-8:00 PM
36381	M, W	Sept 7-26	7:10-8:00 PM
36382	T, Th	Aug 16-Sept 1	7:10-8:00 PM
36383	T, Th	Sept 6-22	7:10-8:00 PM

Level 2 (age 6-15)

This class is designed for children who are able to float and glide on their stomach and back, and are comfortable going under water. The front crawl and backstroke are introduced along with rhythmic breathing to the side.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

46564	Sat	Sept 10- Oct 15	12-12:50 PM
46558	M/W	Aug 15-31	4:00-4:50 PM
46559	M/W	Sept 7-21	4:00-4:50 PM
46560	M/W	Sept 26-Oct 12	4:00-4:50 PM
46561	T/Th	Aug 16-Sept 1	6:00-6:50 PM
46562	T/Th	Sept 6-22	6:00-6:50 PM
46563	T/Th	Sept 27-Oct 13	6:00-6:50 PM

Mountain View Aquatic Center

46329	Sat	Sept 10-Oct 29	12-12:50 PM
46389	T/Th	Aug 16-Sept 1	6:30-7:20 PM
46390	T/Th	Sept 13-29	6:30-7:20 PM
46391	T/Th	Oct 3-19	6:30-7:20 PM

South Cobb Aquatic Center

46459	Sat	Sept 10- Oct 15	12:00-12:50 PM
46460	Sat	Sept 10- Oct 15	11:00-11:50 AM
46461	M, W	Aug 15- 31	4:30- 5:20 PM
46462	M, W	Sept 12- 28	4:30- 5:20 PM
46463	M, W	Oct 3-19	4:30- 5:20 PM
46465	M, W	Aug 15- 31	5:30- 6:20 PM
46466	M, W	Sept 12- 28	5:30- 6:20 PM
46467	M, W	Oct 3-19	5:30- 6:20 PM

West Cobb Aquatic Center

36384	M, W	Aug 15-31	7:10- 8:00 PM
36385	M, W	Sept 7-26	7:10- 8:00 PM

Level 3 (age 6-15)

Students must be able to swim 50 yards consisting of backstroke and front crawl with rhythmic breathing to the side. Students must be comfortable swimming in deep water without assistance. Skills taught at this level include improving front crawl and backstroke, elementary backstroke, treading water, diving, and safety skills.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

46566	Sat	Sept 10- Oct 15	1-1:50 PM
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Mountain View Aquatic Center

46397	Sat	Sept 10-Oct 29	11-11:50 AM
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South Cobb Aquatic Center

46469	Sat	Sept 10-Oct 15	12:00-12:50 PM
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Level 3 continued**West Cobb Aquatic Center**

36388	Sat	Sept 10-Oct 15	12:05-12:55 PM
36387	M, W	Aug 15-31	8:10- 9:00 PM
36386	T, Th	Aug 15-Sept 1	7:10- 8:00 PM

Level 4 (age 6-15)

Students must be able to swim 100 yards without stopping (2 laps) including; front crawl with rhythmic breathing, back crawl, and elementary backstroke. Swimmers must be able to swim in deep water without assistance. Skills taught at this level include: improving previously learned strokes, breaststroke, sidestroke, and increased endurance

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

46567	Sat	Sept 10- Oct 15	10-10:50 AM
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Mountain View Aquatic Center

46401	Sat	Sept 10-Oct 29	1-1:50 PM
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South Cobb Aquatic Center

46470	Sat	Sept 10- Oct 15	1:00-1:50 PM
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West Cobb Aquatic Center

36389	M, W	Aug 15-31	8:10- 9:00 PM
36390	M, W	Sept 7-26	8:10- 9:00 PM

Level 5 (age 6-15)

Student must be able to perform the following strokes: front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke. This class is designed to improve these strokes and prepare students for swim team participation. This class will introduce butterfly, surface dives and springboard diving.

Fees: \$64.00 (Cobb Res) \$89.00 (Non Cobb)

Central Aquatic Center

46568	Sat	Sept 10- Oct 15	12-12:50 PM
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Mountain View Aquatic Center

46404	Sat	Sept 10-Oct 29	1-1:50 PM
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Adult Aqua-Aerobic classes:

Central Aquatic Center

9:00 am	Mon/Wed/Fri	Aerobics
10:00 am	Mon/Wed/Fri	Seniors
5:30 pm	Mon/Wed	Aerobics

Mountain View Aquatic Center

8:00am	M/W/F	Aerobics (shallow water)
8:00am	T/TH	Aerobics (shallow water)
9:00am	M - F	Aerobics (deep water)
10:00am	M/W/F	Arthritis, AquaFit
10:00am	T/TH	Aerobics (shallow water)
11:00am	M/W/F	Adaptive & arthritis
5:30 pm	M - F	Aerobics (shallow water)

West Cobb Aquatic Center

9:00 am	Mon-Fri	Aerobic (shallow water)
9:10 am	Sat	Aerobic (shallow water)
10:00 am	M/W/F	Low Intensity (shallow)
6:00 pm	Tues	Aerobics (deep water)
6:00 pm	Thu	Aerobics (deep water)
7:00 pm	M/W	Aerobics (shallow water)
11:10am	M/W/F	Low Intensity (shallow)

South Cobb Aquatic Center

6:00pm	Mon-Thurs	Shallow Water
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Aqua-Aerobic Fees:

Adults	\$3.50 per class (10-visit pass \$35.00)
Seniors	\$2 per class (10-visit pass \$20.00)

Shallow Water:

Low impact, mid to high intensity to get blood flowing. A good aerobic workout with muscle toning

Deep Water:

Enjoy a deep water workout that has no impact on the joints, yet high intensity to burn calories...very cardiovascular...add a little body sculpting and you have a total body workout.

Competitive Diving:

The Central Aquatic Center and West Cobb Aquatic Center host a USA competitive diving team.

For more information contact Bill Humber, Metro Atlanta Diving at 770-528-8465.

Competitive Swimming:

Cobb County Aquatic Facilities host several USA competitive swim teams.

Chattahoochee Gold	770-928-1506
Kennesaw Tidal Wave	770-499-3296
Marietta Marlins	678-899-6888
Stingrays	770-428-3425

Additional Programs

Lifeguard Training - Class is designed to certify individuals in lifesaving, standard first aid and CPRO (CPR for the professional rescuer).

Cardio Pulmonary Resuscitation - Class is designed to certify individuals in the American Red Cross CPRO class

Water Safety Instructor - Class is designed to certify individuals to teach American Red Cross swimming lessons.

Central Aquatic Center	770/528-8465
Mountain View Aquatic Center	770/509-4925
West Cobb Aquatic Center	770/222-6700
South Cobb Aquatic Center	770/739-3180

Call for facilities for dates

Cobb Aquatics

Indoor Facilities

ADMISSION FEES

	Adult Cobb	Youth Cobb	Senior Cobb
Daily	\$3.30	\$ 2.36	\$ 2
10 Visit	\$25	\$14.50	\$13
Monthly*	\$27.50	\$20.00	\$18
Quarterly*	\$75	\$44	\$40
Annual*	\$198	\$136	\$124

A 6% tax will be applied to all admission fees and passes

Family Passes	
Size	3 months
4	\$100
5	\$110
6 +	\$120

*(Non-Cobb resident fee is double the pass price w/ a \$25 max)