



Mountain View Aquatic Center

2650 Gordy Parkway in East Cobb.

Swimming Lessons Spring 2010



Swim lesson registration for Cobb County residents will be held at 2:00 pm on February 14, 2009. Registration for non-Cobb residents begins February 15 at 2:00 pm. Weekday sessions will meet six (6) times and Saturday sessions will meet five (5) times; prices have been adjusted and are indicated with an asterisk (*). To register online, you must obtain a login ID and a PIN at the aquatic center, then log on to prca.cobbcountyga.gov/ez-reg.htm.

Session I	February 22 – March 11	Saturday I*	February 27 – April 3 (no class March 13)
Session II	March 15 – April 1	Saturday II*	April 10 – May 15 (no class April 24)
Session III	April 12 – April 29	*Adjusted Prices: \$33.00 (Cobb) \$58.00 (non-Cobb)	
		* Preschool Adjusted Prices: \$17.00 (Cobb) \$34.00 (non-Cobb)	

Adult Program \$33.00 Cobb County Residents* \$58.00 Non-Cobb Residents*

Adult Basics (ages 15+)

Description: 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.

Mountain View	Adult Basics	9:30-10:20 AM	Saturday	Saturday 1*	BC 27382
		9:30-10:20 AM	Saturday	Saturday 2*	BC 27383

Preschool Program \$20.00 Cobb County Residents \$40.00 Non-Cobb Residents

Parent Tot (ages 6 months to 3 yrs)

Description: 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.

Mountain View	Parent Tot	11:00-11:30 AM	Tue/Thu	1	BC 27421
		11:00-11:30 AM	Tue/Thu	2	BC 27418
		11:00-11:30 AM	Tue/Thu	3	BC 27419
		9:00-9:30 AM	Saturday	Saturday 1*	BC 27417
		9:00-9:30 AM	Saturday	Saturday 2*	BC 27420

Tadpole (ages 3-5)

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

Mountain View	Tadpole	11:45-12:15 PM	Tue/Thu	1	BC 27430
		11:45-12:15 PM	Tue/Thu	2	BC 27432
		11:45-12:15 PM	Tue/Thu	3	BC 27433
		6:30-7:00 PM	Tue/Thu	1	BC 27431
		6:30-7:00 PM	Tue/Thu	2	BC 27434
		6:30-7:00 PM	Tue/Thu	3	BC 27435
		9:30-10:00 AM	Saturday	Saturday 1*	BC 27436
		9:30-10:00 AM	Saturday	Saturday 2*	BC 27437

Minnow (ages 3-5)

Description: 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.

Mountain View	Minnow	12:30-1:00 PM	Tue/Thu	1	BC 27412
		12:30-1:00 PM	Tue/Thu	2	BC 27415
		12:30-1:00 PM	Tue/Thu	3	BC 27416
		7:00-7:30 PM	Tue/Thu	1	BC 27409
		7:00-7:30 PM	Tue/Thu	2	BC 27413
		7:00-7:30 PM	Tue/Thu	3	BC 27414
		10:15-10:45 AM	Saturday	Saturday 1*	BC 27410
		10:15-10:45 AM	Saturday	Saturday 2*	BC 27411

Seals (ages 3-5)

Description: 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.

Mountain View	Seals	1:15-1:45 PM	Tue/Thu	1	BC 27423
		1:15-1:45 PM	Tue/Thu	2	BC 27426
		1:15-1:45 PM	Tue/Thu	3	BC 27427
		6:30-7:00 PM	Tue/Thu	1	BC 27422
		6:30-7:00 PM	Tue/Thu	2	BC 27424
		6:30-7:00 PM	Tue/Thu	3	BC 27425
		11:00-11:30 AM	Saturday	Saturday 1*	BC 27428
		11:00-11:30 AM	Saturday	Saturday 2*	BC 27429

LEARN TO SWIM Program

\$40.00 Cobb County Residents

\$65.00 Non-Cobb Residents

Level 1: Water Exploration (ages 6-15)

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

Mountain View	Level 1	4:30-5:20 PM	Tue/Thu	1	BC 27386
		4:30-5:20 PM	Tue/Thu	2	BC 27387
		4:30-5:20 PM	Tue/Thu	3	BC 27388
		12:00-12:50 PM	Saturday	Saturday 1*	BC 27384
		12:00-12:50 PM	Saturday	Saturday 2*	BC 27385

Level 2: Primary Skills (must pass level 1 skills; ages 6-15)

Description: 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.

Mountain View	Level 2	4:30-5:20 PM	Mon/Wed	1	BC 27391
		4:30-5:20 PM	Mon/Wed	2	BC 27394
		4:30-5:20 PM	Mon/Wed	3	BC 27395
		4:30-5:20 PM	Tue/Thu	1	BC 27389
		4:30-5:20 PM	Tue/Thu	2	BC 27390
		4:30-5:20 PM	Tue/Thu	3	BC 27393
		12:00-12:50 PM	Saturday	Saturday 1*	BC 27392
		12:00-12:50 PM	Saturday	Saturday 2*	BC 27396

Level 3: Stroke Readiness (must pass level 2 skills; ages 6-15)

Description: Students must be able to swim at least 50 yards consisting of backstroke and front crawl with 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.

Mountain View	Level 3	4:30-5:20 PM	Mon/Wed	1	BC 27398
		4:30-5:20 PM	Mon/Wed	2	BC 27399
		4:30-5:20 PM	Mon/Wed	3	BC 27401
		11:00-11:50 AM	Saturday	Saturday 1*	BC 27397
		11:00-11:50 AM	Saturday	Saturday 2*	BC 27400

Level 4: Stroke Development (must pass level 3 skills; ages 6-15)

Description: 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.

Mountain View	Level 4	6:30-7:20 PM	Mon/Wed	1	BC 27402
		6:30-7:20 PM	Mon/Wed	2	BC 27403
		6:30-7:20 PM	Mon/Wed	3	BC 27405
		1:00-1:50 PM	Saturday	Saturday 1*	BC 27404
		1:00-1:50 PM	Saturday	Saturday 2*	BC 27406

Level 5: Stroke Refinement (must pass level 4 skills; ages 6-15)

Description: 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.

Mountain View	Level 5	1:00-1:50 PM	Saturday	Saturday 1*	BC 27407
		1:00-1:50 PM	Saturday	Saturday 2*	BC 27408