



## The American Red Cross Learn-to-Swim Program

### Swim 2019 Group Lesson SCHEDULE

#### DATES

Sessions	Saturday Dates	Other details
I	January 12th, 2019 – February 16th, 2019	
II	March 2nd, 2019 – April 13, 2019	No class April 6th
III	April 27th, 2019 – June 8th, 2019	No class May 25th
IV	July 13th, 2019 – August 17th, 2019	
V	September 7th, 2019 – October 12th, 2019	Make up class is on June 29 <sup>th</sup> and October 26 <sup>th</sup> , 2019

#### CLASSES

Class	Ages	Days	Time	Sessions	Fee per Session	
					Members	Non-Mem.
Parent tot 1 (Paulette Douse)	6 to 35 months (Max # students 6)				\$66	\$90
		Saturday	9-930am	I, II, III, IV, V		
Parent tot 2 (Paulette Douse)	18 to 35 months (Max # students 6)				\$66	\$90
		Saturday	930-10am	I, II, III, IV, V		
Preschool 1 (Anna Kimbrough)	3 to 5 years (Max # of students 5)				\$66	\$90
		Saturday	10-1030am	I, II, III, IV, V		
Preschool 2 (Anna Kimbrough)	3 to 5 years (Max # of students 5)				\$66	\$90
		Saturday	1030am-11am	I, II, III, IV, V		
School Age (Anna Kimbrough)	6 and up (Max # of students 5)	Saturday	11-1130pm	I, II, III, IV, V	\$66	\$90
Adult (Anna Kimbrough)	(Max # of students 5)				\$66	\$90
		Saturday	Noon-12:30pm	I, II, III, IV, V		

Classes may be combined to meet registration minimum. Classes not achieving registration minimum may be converted to semi-private. Classes may be added if a minimum number of participants are interested and pool times and instructor availability. All Aquatic Instructors are Red Cross Certified. For more information, please visit: [www.piedmont.org/fitness](http://www.piedmont.org/fitness) or

[www.swimatl.com](http://www.swimatl.com)



## REGISTRATION INFORMATION

1. Call 404.351.5309 or email [acog.swim@gmail.com](mailto:acog.swim@gmail.com)
2. Registration is contingent upon credit card payment, Check or Cash.
3. Payment must be given at time of registration.
4. Aquatic Agreement must be signed and turned in prior to first class.
5. Please arrive at least 5 minutes prior to class start time.
6. Free parking can be accessed using the visitor-parking garage located in the front entrance of the 2001 building on Peachtree Road. The garage exits onto Brighton Street (located near CVS Pharmacy) free parking can only be accessed after normal business hours and on weekends.
7. Cancellations must be made seven days prior to the start of class to receive a full refund.
8. Makeup classes are on specific dates. Please look at schedule.
9. In case of inclement weather, classes will be canceled. Call 404-605-1966 to check on the status of the pools.

**PLEASE SEE REVERSE SIDE FOR FURTHER INFORMATION.**



## CLASS PARTICIPATION GUIDELINES

1. When you arrive at the front desk of the Health and Fitness Club, you must sign in at the guest registry. If you are a member, please swipe your membership key tag upon entering the facility.
2. Towels are provided in the locker rooms for your convenience.
3. **Everyone must shower before entering the pool.**
4. **Children under three years of age must wear rubber pants over swim diapers with their swimsuit. Disposable diapers are not allowed in the pool. For sanitary reasons, diaper changes must occur in the locker rooms only.**
5. Parents may stay in the pool area during the first and last class of the session to minimize distractions.
6. Parents must remain in the pool lobby during their child's class in case their presence is urgently required (i.e. bathroom trips).
7. Please do not bring your child sick to class. If they have vomited or have diarrhea a 24-hour period needs to go by without any symptoms.
8. Everyone must wear a swimsuit.
9. Please do not bring your child to class with a floatation device or swimsuit with built in floatation.
10. Goggles are optional.
11. ALL children must be under strict parental/guardian supervision.
12. No food or drinks are allowed in the pool area.
13. **Children five years of age or older must not be in opposite gender locker rooms. Please feel free to utilize our family change room.**

Age	Class Name	Class Description	Class Length	Prerequisite
6 to 35 months	Parent Tot 1	To help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around the water.	30 minutes	None
18 to 35 months	Parent Tot 2*	Continuation of water adjustment Skills working toward the goal of self-propulsion. Prerequisites are Parent Tot 1 and child must be between the ages of 18 and 35 months.	30 minutes	Parent Tot 1
3 to 5 years	Preschool 1	<b>Introduction to water skills.</b> To help students feel comfortable in the water and to enjoy the water safely. This is a child's first exposure to swim class.	30 minutes	None
3 to 5 years	Preschool 2*	<b>Aquatic Skills.</b> To provide student with opportunities for success with fundamental skills. Prerequisites are that the child must be able to submerge face in water and jump into the pool with assistance and completion of Preschool 1.	30 minutes	Preschool 1
6 and up	School Age 1 & 2	<b>Introduction to and the fundamentals of water skills.</b> To help students feel comfortable in the water and to enjoy the water safely while providing opportunities for success with fundamental skills.	30 minutes	None
	Adult	<b>Fundamental Aquatic Skills.</b> To provide student with opportunities for success with fundamental skills. This class will focus on swim strokes such as front crawl, backstroke and breaststroke.	30 minutes	None

