

## SwimAtlanta Cumming Swim School Schedule

**SwimAtlanta Cumming**

**5059 Post Road**

**Cumming, GA 30040**

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

[megan@swimatlanta.com](mailto:megan@swimatlanta.com)

**\*Email is the easiest form of  
communication**

**770-888-0010**

**CALL TODAY!**

### Spring Office Hours

**Monday-Thursday 10am-6pm**

**Friday closed**

**Saturday & Sunday 10am-4pm**

### Spring Lap Swim Hours

(STARTS 4/8)

**Monday-Thursday**

**10:00am-3:30pm**

**Fridays Closed**

**Saturdays**

**1:00-3:30pm**

**Sundays**

**10:00am-3:30pm**

### LEVEL DESCRIPTIONS

**Infant & Toddler (INF/TOT) 6 months-3 years:** Parent and child participate in water adjustment, safety and basic skill activities.

**Preschool 1 (PS1) 3-5 years:** Introduction to swimming for non-swimmers with emphasis on basic motor skills, face in the water, blowing bubbles, holding breath, going under the water and jumping in the water.

**Preschool 2 (PS2) 3-5 years:** For children who are comfortable, confident and already going under and jumping in the water. The class will focus on teaching unassisted swimming.

**Preschool 3 (PS3) 3-5 years:** For children who swim 5 feet unassisted with their face in the water. This class will focus on beginner's front crawl, arm recovery, independent breathing and introduction to backstroke.

**Preschool 4 (PS4) 3-5 years:** For children who swim at least 20 feet of freestyle and backstroke and are ready for advance technique in these strokes and rotary breathing.

**Gradeschool 1 (GS1) 6-12 years:** Introduction to swimming for non-swimmers.

**Gradeschool 2 (GS2) 6-12 years:** For children who can swim at least 5 feet unassisted with their face in the water. GS2 teaches freestyle with face in the water and backstroke.

**Gradeschool 3 (GS3) 6-12 years:** For children who can swim at least 20 feet of freestyle and backstroke and are ready for advance technique in those strokes and rotary breathing.

**Gradeschool 4 (GS4) 6-12 years:** For those who can swim freestyle and backstroke 25 yards and are ready to focus on endurance building techniques and diving. GS4 is the first class that the instructor teaches solely from the pool deck.

**Pre-Competitive (PC) 6-12 years:** Teaches butterfly and breaststroke to those who are already comfortable and proficient in freestyle and backstroke for multiple laps.

**\*\*13 years and older are no longer in the children swim classes. \*\***

**Adult Beginner (ADULT) 13 years and up:** For the adult who wishes to learn or improve on the basics of swimming.

**Adult Intermediate Stroke Clinic (AISC) 13 years and up:** For the adult who can swim freestyle and backstroke and is ready to increase technique and distance.

**Adult/Teen Stroke Clinic/PC (ASC/PC) 13 years and up: \*must be approved for this level\*** Teaching and strengthening Butterfly and Breaststroke for those that are already doing multiple laps of freestyle with breathing to the side and backstroke.

**\*\*Swim team try outs for those swimming multiple laps of freestyle with breathing to the side, backstroke, butterfly and breaststroke already\*\***

### Details and Registration

1. View the level descriptions and choose the best option for the student. If you have questions, please feel free to call our office or email \*email is usually fastest.
2. Spring sessions are listed on the back page. Classes are offered 6 days a week! We offer weekday lessons twice a week for 3-4 weeks on Monday and Wednesday OR Tuesday and Thursday. We have once a week classes Saturdays or Sundays for 6 weeks. We also have a Spring Break mini session April 1-4. We have privates only on Fridays for spring as well.
3. All PS1 & PS2 classes are limited to 4 students. All other classes are limited to 6 students.
4. SwimAtlanta conducts registration in person, email and over the phone. **REGISTRATION VIA EMAIL AND ONLINE PAYMENT IS THE FASTEST AND BEST OPTION.** SwimAtlanta encourages customers to register early to guarantee their spot in classes. Changes are allowed, if the desired class is not full, without penalty, and cancelations are to be made 2 days (48 hrs) prior to the session's start date for no fee.
5. No refunds will be given on or after the start of the session.