SwimAtlanta Cumming 5059 Post Road Cumming, GA 30040

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*Email is the easiest form of communication

770-888-0010 *CALL TODAY!*

Summer Office Hours

Monday-Thursday 10am-6pm Friday closed Saturday & Sunday 10am-4pm

Summer Lap Swim Hours (STARTS 5/30)

Monday-Wednesday

10:00am-1:00pm

Thursdays

10:00am-7:00pm

Fridays Closed

Saturdays

12:00-3:30pm

Sundays

10:00am-3:30pm

SwimAtlanta Cumming Swim School Schedule

Details and Registration

- View the level descriptions and choose the best option for the student. If you have questions, please feel free to call our office.
- 2. Summer sessions are listed on the back page. Classes are offered 6 days a week! We offer weekday lessons weekly Monday-Thursdays, except 5/30-6/2 is Mon-Fri due to 5/29 holiday.) You can also choose once a week classes Saturdays or Sundays for 4 weeks. Choose the days, dates and times for that level that work best for your family.
- 3. All PS1 & PS2 classes are limited to 4 students until further notice. All other classes are limited to 6 students.
- 4. SwimAtlanta conducts registration in person, email and over the phone. DURING THIS TIME REGISTRATION VIA EMAIL AND ONLINE PAYMENT IS THE FASTEST AND BEST OPTION.

 SwimAtlanta accepts all forms of credit cards, checks and cash. SwimAtlanta encourages customers to register early to guarantee their spot in classes. Changes and cancelations are allowed, if the desired class is not full, without penalty, and is made 2 days (48 hrs) prior to the session's start date.
- 5. No refunds will be given on or after the start of the session.

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 years and up: Introduction to

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

Gradeschool 2 (GS2) 6 years and up: 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 years and up: 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 years and up: 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 years and up: Teaches butterfly and breaststroke to those who are already comfortable and proficient in freestyle and backstroke.

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

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