

## 2010 Winter Program Information

### 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.-Fri.	6 am-9 pm
	Sat	9 am-5 pm
	Sun	2 pm-5 pm

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

#### Swimming Lessons Winter 2010

Session I	January 5-21
Session II	January 26-February 11
Saturday	January 9-February 20 (Skip Jan 30 – Swim Meet)

Swim lesson registration for Cobb County Residents will be held at 9:00 am on November 14, 2009.

Non-Cobb resident's registration begins at 9:00 am on November 16, 2009.

<http://prca.cobbcountyga.gov>

### 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 Winter 2010

Session I	January 4-21
Session II	January 25 - February 11

Swim lesson registration for Cobb County Residents will be held at 2:00 pm on November 15, 2009.

Non-Cobb resident's registration begins at 2:00 pm on November 16, 2009.

<http://prca.cobbcountyga.gov>

### 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	2 pm-5 pm

Call for available open swim times 770-222-6700

#### Swimming Lessons Winter 2010

Session I	January 4-20
Session II	January 25-February 10
Saturday	January 10-February 14

Swim lesson registration for Cobb County Residents will be held at 2:00 pm on November 14, 2010.

Non-Cobb resident's registration begins at 2:00 pm November 16, 2009.

<http://prca.cobbcountyga.gov>

### South Cobb Aquatic Center

Located at 875 Six Flags Drive in Austell

Hours of Operation:

Mon – Fri	8 am – 9 pm
Sat	9 am – 5 pm
Sun	2 pm – 5 pm

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

#### Swimming Lessons Winter 2010

Session I	January 4-21 <sup>st</sup>
Session II	January 25-February 11 <sup>th</sup>
Saturday	January 9-February 13 <sup>th</sup>

Swim lesson registration for Cobb County Residents will be held at 6:00 pm on November 13, 2009.

Non-Cobb resident's registration begins at 6:00pm November 16, 2009.

<http://prca.cobbcountyga.gov>

## Aquatic Center – Lessons

### Adult

#### 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: 40.00 (R) 65.00 (N)

#### **Central Aquatic Center**

26294 Sat Jan 9-Feb 20 1:00- 1:50 PM  
26295 T, Th Jan 5-21 8:00- 8:50 PM  
26296 T, Th Jan 26-Feb 11 8:00-8:50 PM

#### **South Cobb Aquatic Center**

26075 Sat Jan 9-Feb 13 1:00- 1:50 PM  
26076 M, W Jan 4-20 6:30- 7:20 PM  
26077 M, W Jan 25-Feb 10 6:30-7:20 PM

#### **West Cobb Aquatic Center**

24253 Sat Jan 9-Feb 13 1:10- 2:00 PM  
24254 T, Th Jan 26-Feb 11 8:10- 9:00 PM

#### **Adult Basics II (age 15+)**

This class is designed to teach adults who have successfully completed Adult Basics 1. It will teach freestyle, back crawl, introduction to deep water, and basic water safety

Fees: 40.00 (R) 65.00 (N)

#### **Central Aquatic Center**

26297 Sat Jan 9-Feb 20 12:00- 12:50 PM

#### **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: 40.00 (R) 65.00 (N)

#### **Central Aquatic Center**

26298 Sat Jan 9-Feb 20 11:00-11:50 AM  
26299 T, Th Jan 5-21 7:00-7:50 PM  
26300 T, Th Jan 26-Feb 11 7:00-7:50 PM

#### 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: 40.00 (R) 65.00 (N)

#### **Central Aquatic Center**

26532 Sat Jan 9-Feb 20 10:00-10:50 AM

### Preschool

#### Parent Tot (age 6mos-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: 20.00 (R) 40.00 (N)

#### **Central Aquatic Center**

26309 Sat Jan 9-Feb 20 9:00- 9:30 AM

#### **Mountain View Aquatic Center**

26139 T, Th Jan 5-21 11:00-11:30 AM  
26187 T, Th Jan 26-Feb 11 11:00-11:30 AM

#### **South Cobb Aquatic Center**

26095 Sat Jan 9-Feb 13 9:00- 9:30 AM

#### **West Cobb Aquatic Center**

24281 T, Th Jan 05-21 11:00- 11:30 AM  
24282 T, Th Jan 26-Feb 11 11:00- 11:30 AM  
24279 M, W Jan 04-20 11:00- 11:30 AM  
24280 M, W Jan 25-Feb 10 11:00- 11:30 AM  
24283 Sat Jan 9-Feb 13 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: 20.00 (R) 40.00 (N)

#### **South Cobb Aquatic Center**

26096 Sat Jan 9-Feb 13 9:00- 9:30 AM  
26097 M, W Jan 4-20 11:00-11:30 AM  
26098 M, W Jan 25-Feb 10 11:00-11:30 AM

## Preschool

### 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: 20.00 (R) 40.00 (N)

#### **Central Aquatic Center**

26313 Sat Jan 9-Feb 20 9:45-10:15 AM  
26314 T, Th Jan 5-21 1:15- 1:45 PM  
26315 T, Th Jan 26-Feb 11 1:15- 1:45 PM

#### **Mountain View Aquatic Center**

26147 T, Th Jan 5-21 11:45 AM -12:15 PM  
26148 T, Th Jan 26-Feb 11 11:45 AM -12:15 PM  
26149 T, Th Jan 5-21 6:30- 7:00 PM  
26150 T, Th Jan 26-Feb 11 6:30- 7:00 PM

(Tadpole continued)

#### **South Cobb Aquatic Center**

26108 Sat Jan 9-Feb 13 9:45-10:15 AM  
26104 M, W Jan 4-20 11:45 AM -12:15 PM  
26105 M, W Jan 25-Feb 10 11:45 AM -12:15 PM  
26106 T, Th Jan 5-21 4:30- 5:00 PM  
26107 T, Th Jan 26-Feb 11 4:30- 5:00 PM

#### **West Cobb Aquatic Center**

24289 Sat Jan 9-Feb 13 9:45-10:15 AM  
24290 M, W Jan 4-20 11:45 AM -12:15 PM  
24292 T, Th Jan 5- 21 11:45 AM -12:15 PM  
24293 T, Th Jan 26-Feb 11 12:30 PM -1:00 PM  
24294 T, Th Jan 5-21 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: 20.00 (R) 40.00 (N)

#### **Central Aquatic Center**

26306 Sat Jan 9-Feb 20 10:30-11:00 AM  
26307 T, Th Jan 5-21 2:00- 2:30 PM  
26308 T, Th Jan 26-Feb 11 2:00-2:30 PM

#### **Mountain View Aquatic Center**

26134 T, Th Jan 5-21 12:30- 1:00 PM  
26135 T, Th Jan 26-Feb 11 12:30- 1:00 PM  
26136 T, Th Jan 5-21 7:00- 7:30 PM  
26137 T, Th Jan 26-Feb 11 7:00- 7:30 PM

### Minnow (age 3-5) continued

#### **South Cobb Aquatic Center**

26090 Sat Jan 9-Feb 13 10:30-11:00 AM  
26091 M, W Jan 4-20 12:30-1:00 PM  
26092 M, W Jan 25-Feb 10 12:30-1:00 PM  
26093 T, Th Jan 5-21 5:15- 5:45 PM  
26094 T, Th Jan 26-Feb 11 5:15-5:45 PM

#### **West Cobb Aquatic Center**

24274 M, W Jan 25-Feb 10 11:45-12:15 PM  
24276 M, W Jan 4- 20 12:30-1:00 PM  
24278 M, W Jan 4-20 1:15-1:45 PM  
24301 T, Th Jan 26-Feb 11 11:45 -12:15 PM  
24303 T, Th Jan 5- 21 12:30 -1:00 PM  
24306 T, Th Jan 26-Feb 11 1:15 -1:45 PM  
24308 T, Th Jan 26-Feb11 6:30-7:00 PM  
24307 T, Th Jan 5-21 6:30-7:00 PM  
24310 Sat Jan 10-Feb 13 10:30 -11:00 AM

### 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: 20.00 (R) 40.00 (N)

#### **Central Aquatic Center**

26310 Sat Jan 9-Feb 20 11:15-11:45 AM  
26311 T, Th Jan 5-21 2:45- 3:15 PM  
26312 T, Th Jan 26-Feb 11 2:45- 3:15 PM

#### **Mountain View Aquatic Center**

26141 T, Th Jan 5-21 1:15- 1:45 PM  
26142 T, Th Jan 26-Feb 11 1:15- 1:45 PM  
26143 T, Th Jan 5-21 6:30- 7:00 PM  
26144 T, Th Jan 26-Feb 11 6:30- 7:00 PM

#### **South Cobb Aquatic Center**

26099 Sat Jan 9-Feb 13 11:15-11:45 AM  
26102 T, Th Jan 5-21 5:15- 5:45 PM  
26103 T, Th Jan 26-Feb 11 5:15- 5:45 PM  
26100 M, W Jan 4-20 1:15- 1:45 PM  
26101 M, W Jan 25-Feb 10 1:15- 1:45 PM

#### **West Cobb Aquatic Center**

24285 M, W Jan 25-Feb 10 12:30- 1:00 PM  
24287 M, W Jan 25-Feb 10 1:15- 1:45 PM  
24297 T, Th Jan 5- 21 1:15- 1:45 PM  
24299 T, Th Jan 26-Feb 11 6:30- 7:00 PM  
25990 Sat Jan 9-Feb 13 10:30- 11:00 AM

## 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: 40.00 (R) 65.00 (N)

#### **Central Aquatic Center**

26301 Sat Jan 9-Feb 20 11:00-11:50 AM

#### **Mountain View Aquatic Center**

26121 M, W Jan 4-20 3:30- 4:20 PM

26123 M, W Jan 25-Feb 10 3:30- 4:20 PM

#### **South Cobb Aquatic Center**

26080 Sat Jan 9-Feb 13 11:00-11:50 AM

26079 M, W Jan 4-20 4:30- 5:20 PM

26078 M, W Jan 25-Feb 10 4:30- 5:20 PM

#### **West Cobb Aquatic Center**

25991 Sat Jan 9-Feb 13 11:10-12:00 PM

24257 T, Th Jan 5-21 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: 40.00 (R) 65.00 (N)

#### **Central Aquatic Center**

26302 Sat Jan 9-Feb 20 12:00-12:50 PM

#### **Mountain View Aquatic Center**

26124 M, W Jan 4-20 4:30- 5:20 PM

26125 M, W Jan 25-Feb 10 4:30- 5:20 PM

26126 T, Th Jan 5- 21 4:30- 5:20 PM

26127 T, Th Jan 26-Feb 11 4:30- 5:20 PM

#### **South Cobb Aquatic Center**

26081 Sat Jan 9-Feb 13 12:00-12:50 PM

26082 Sat Jan 9-Feb 13 11:00-11:50 AM

26083 M, W Jan 4-20 4:30- 5:20 PM

26086 M, W Jan 25-Feb 10 4:30- 5:20 PM

26085 M, W Jan 4-20 5:30- 6:20 PM

26084 M, W Jan 25-Feb 10 5:30- 6:20 PM

#### **West Cobb Aquatic Center**

24259 T, Th Jan 26-Feb 11 7:10- 8:00 PM

24260 Sat Jan 9-Feb 13 11:10-12:00 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: 40.00 (R) 65.00 (N)

#### **Central Aquatic Center**

26303 Sat Jan 9-Feb 20 1:00- 1:50 PM

#### **Mountain View Aquatic Center**

26130 M, W Jan 4-20 4:30- 5:20 PM

26131 M, W Jan 25-Feb 10 4:30- 5:20 PM

#### **South Cobb Aquatic Center**

26087 Sat Jan 9-Feb 13 12:00-12:50 PM

26088 Sat Jan 9- Feb13 1:00 - 1:50PM

#### **West Cobb Aquatic Center**

24264 T, Th Jan 5-21 7:10- 8:00 PM

25992 Sat Jan 9-Feb 13 12:10-1:00 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: 40.00 (R) 65.00 (N)

#### **Central Aquatic Center**

26304 Sat Jan 9-Feb 20 10:00-10:50 AM

#### **West Cobb Aquatic Center**

24267 T, Th Jan 26-Feb 11 7:10- 8:00 PM

24268 Sat Jan 9-Feb 13 12:10- 1:00 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: 40.00 (R) 65.00 (N)

#### **Central Aquatic Center**

26305 Sat Jan 3-Feb 14 12:00-12:50 PM

#### **West Cobb Aquatic Center**

24272 Sat Jan 9- Feb 10 1:10- 2:00 PM

## Adult Aquarobic 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)
	T/TH	Aerobics (shallow water)
9:00am	M - F	Aerobics (deep water)
10:00am	M/W/F	Arthritis, AquaFit
	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

9:00am	Mon-Fri	Shallow Water
6:00pm	Mon-Thurs	Shallow Water

### Aquarobic Fees:

Adults	\$3 per class (10-visit pass \$30.00)
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	770-516-3668
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	Non-C	Youth/Senior Cobb	Non-C
Daily	\$ 3	\$ 3	\$ 2	\$ 2
10 Visit	\$ 22	NA	\$ 13	NA
Monthly	\$ 25	\$ 50	\$ 18	\$ 36
Quarterly	\$ 68	\$ 93	\$ 40	\$ 65
Annual	\$180	\$205	\$124	\$149

### Family Passes

Size	3 mo	6 mo	9 mo	Annual
4	\$70	\$140	\$210	\$280
5	\$80	\$160	\$240	\$320
6 +	\$90	\$180	\$270	\$360

A 6% tax will be applied to all admission fees and passes  
Non-residents will be charged an additional \$25.00 non-resident fee