

Relaxing in the Water

For some people, water is more about relaxation than exercise, and at the Y, we have that too. All Y facilities with pools also have hot tubs, steam rooms and saunas that are a perfect place for members age 16 and older to leave behind muscle soreness or the cares of the day.



In YMCA Aquatics, you'll find more than just swim lessons. In every class, in every lesson, YMCA instructors incorporate the values of honesty, caring, respect, responsibility and faith. Not only are you taught how to swim in a caring way, but you also learn about yourself, about safety and rescue skills, and about water activities you can enjoy for a lifetime.

A variety of class times and types are available to meet your family's needs: mornings, afternoons, evenings, and Saturdays. Class size is based on safety factors and determined by the ages and skill levels of participants.



Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.



YAQUATICS™

We build strong kids, strong families, strong communities.



America's Favorite Swim Instructor

YMCA Parent/Child Program

For ages 6 months to 36 months, this water adjustment class is designed to introduce skills appropriate to the learning rates of infants and toddlers. It incorporates the use of songs, toys and games in the learning process and reinforces the parent's role in teaching the child swimming skills and water safety.



Preschool Aquatic Program

This program provides children ages 3 to 5 with their first experience in the pool without parental assistance. The children are taught the basic skills that are the building blocks of swimming. They also learn pool safety and boating safety skills. A certified instructor teaches the 30 minute class with caring and sensitivity to any special fears that children may have. Participants are divided into skill levels and small groups, allowing the instructor to give children individual attention.



Youth Aquatic Program

This program, for youth ages 6 to 10, includes five main components: personal growth, personal safety, water sports and games, stroke development and rescue. Each skill level builds upon the previous one. The seven levels cover all strokes as well as diving fundamentals, water safety and boating safety. Participants are divided into skill levels and small groups. This is a 45 minute class.



Teen Aquatic Program

This program is for youth ages 11 to 17 who need to work on mastering the basic skills of swimming and want to improve their strokes. This class addresses stroke development and includes time for games and rescue in the water, but the greater emphasis is on personal growth and skill mastery. This is a 45 minute class.

Adult Aquatic Program

Adult swim classes for those 18 years or older include individuals of all abilities from those who are terrified of the water to those who just want to improve their stroke mechanics. Instructors work with participants at their own level and help to set and achieve individual goals.

Private Swim Lessons

One-on-one swim lessons are available for those who would benefit from individual coaching. Please fill out a registration form at the Courtesy Desk to schedule an appointment. Availability is limited.

Open Swim

All YMCA facilities schedule Open Swim, the perfect time to work out independently or have family time together. Children under age 10 must be accompanied in the water by an adult. Any youth age 14 or under must take a swim test and be banded with a green or red band.

Lap Swimming

Long considered to be one of the best cardiovascular workouts, swimming is also great as cross-training exercise. See the courtesy desk for the times when pools are especially reserved for lap swimming.

Water Fitness Classes

Water fitness programs are the new generation of training for all fitness and age levels. The resistance of water creates appropriate overload for building muscular strength and endurance. The effect of buoyancy and the lack of gravity help enhance flexibility and balance.

Water cardiovascular workouts are endurance activities that place a demand on the heart and lungs, use large muscle groups, are rhythmic in nature and can be safely performed at a moderate level of intensity. They now are recommended for skill enhancement and control in tennis, football, running and many other land sports. Please refer to our current season schedule available at the Courtesy Desk or log onto www.ymcachattanoooga.org for the pool schedule at the YMCA in your neighborhood.

