



# Calhoun Aquatic Center

## Program Opportunities



### Competitive Swim Teams

- **School Swim Teams:** CHS and CMS offer GHSA competition teams that practice and compete during the winter athletic season (October thru February).
- **Northwest Georgia Aquatics Club:** Year round swim club for swimmers 18 and under through USA Swimming. It is a complete training program that includes land and water training as well as nutrition and mental preparedness.
- **Masters Swim Program:** Year round swim club for swimmers 18 years of age and up through USA Swimming. The program provides coaches for designing workouts and offering feedback.

### Swim Lessons

- **CAC Swim Lessons:** A swim lesson program and feeder to the competition programs. The lessons are designed for children ages 6 months to adults. Children learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Skills are age-appropriate, allowing students to achieve success on a regular basis.
- **Parent and Child Aquatics:** Developed for children 6 months to 3 years, Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water.

### Training and Certification Classes

- Lifeguard certification
- Others, as needed

### Fitness and Wellness Aquatic Classes (Current and planned classes)

- Liquid Fitness
- Stretch and Flex
- Water Works
- Shallow/Deep Water
- Aquacize
- Senior Aquacize
- Water Arthritis

### Fitness Room with Cardio and Weight Training Equipment

- Adaptive Motion Trainers
- Total Body Elliptical
- Bikes (Upright/Recumbent)
- SciFit Recumbent Stepper
- Rowers (Concept 2)
- Weight Training Equipment

### Other Planned Activities

- Special Events
- Facility Rentals
- Triathlons

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