

Group Lesson Class Descriptions

Level 1: Safety, Water adjustment, Bubbles, 5 Bobs with bubbles, Jump in and return to wall with assistance, Assisted front float, Assisted back float, Kicking front and back, Open eyes under water, Front glide 3 feet, Front glide with kick 6 feet, Side glide with support, Assisted back glide, Deep water exposure, Intro to crawl stroke arm motion, Assisted front to back float (rollover).

Level 2: Safety, Tuck float, Unassisted bob 10 times, Jump in from side and return unassisted, Supported side glide with 10 breaths, Sculling on back with kick 20 feet, Holds breath underwater for 6 counts, Crawlstroke 20 feet, Unassisted back float, Intro to Backstroke, Side glide without support, Front glide with kick 15 feet, Back glide with kick 15 feet, Intro to elementary backstroke, Unassisted front to back float (rollover).

Level 3: Safety, Bob on platform retrieve dive toy 5 times, Intro to treading water, Side glide with rhythmic breathing 15 yds, Crawlstroke with rolling on back for breath 15 yds, Backstroke 15 yds, Changing directions while swimming, Breaststroke kick on back and front, Elementary Backstroke 15 yds, Retrieve objects from bottom, Jump into deep water and return.

Level 4: Safety, Tread water 1 minute, Bobs – touch bottom with hand, return to surface, 5 times, Streamline off wall underwater, Crawlstroke 25 yards with alternate breaths, Backstroke 25 yards, Breaststroke kick 25 yards, Dolphin kick 25 yards, Corkscrew, Kneel dive.

Level 5: Safety, Tread water 3 minutes, Bobs – touch bottom with hand, return to surface, 10 times, Intro to somersaults. Upon successful completion of level 5, swimmers will be able to swim 300 yards using any combination of Crawlstroke, Backstroke, Breaststroke, or Elementary Backstroke.

Class schedules may change based upon demand. No cancellations allowed within 7 days of the start of a new session. No children under the age of 3.

About Our Lessons

At Columbia we work to distinguish ourselves by providing a quality learning environment with an emphasis on instruction, small classes and warm water. The knowledge our staff has acquired from over 100 years of combined practical swimming and teaching experience has resulted in the development and implementation of a quality swim lesson program that is always working to learn and grow. We believe the fundamental components to success in swimming stem from focusing on safety, fun, positivity, and providing young swimmers with a technical skill set that they can depend on for the rest of their swimming life. We combine these core beliefs with a customer service driven approach to registration and coordination. We do all of this because we genuinely care about your child's experience in the water.

Private Swim Lessons

Private lesson request forms are available at the Front Desk or in the Aquatic Department. Lessons are based on instructor availability.

Fee: \$32.50 + tax per half hour Member
Semi-private sessions add \$5 per participant

Non-member inquiries regarding private lessons can be made by contacting jbcswim@columbiaathletic.com.

Contact Information

Swim Lesson Coordinator

Email: jbcswim@columbiaathletic.com

Drew Whorley, Aquatic Director

Email: Drew@columbiaathletic.com

Phone: 425.821.0882



Juanita Bay Aquatics Winter/Spring Lessons & Programs

2020 edition



COLUMBIA[®]
athletic clubs

Columbia Athletic Clubs - Juanita Bay
11450 98th Ave NE • Kirkland, WA 98033

www.columbiaathletic.com

Swimming Lesson Registration Form*

Swimmer's Name _____

Date _____ Age _____ Date of Birth _____

Parent's Name _____

Email Address** _____

Please Check One: Swimmer is a Member Swimmer is a Non-member

Is the parent of the swimmer a Member of Columbia Athletic Clubs? Yes No

Home Phone _____ Work Phone _____

Address _____

City _____ State _____ Zip _____

Has your child participated in swim lessons with us before? Yes No



*We do not offer make-up lessons for any missed classes, and cancellation policy will be enforced.

**Email address is needed for class confirmation.

Confirmations will be sent out the Friday before the start of a new session.

In order for our Members to receive priority registration we must receive forms 7 days before the start of the next session.

Weekday Lessons - 12 (35 minute) classes

Class level requested (Circle one)

1 2 3 4 5

Dates (Circle one session)

I. January 6 – February 13 III. March 30 – May 7

II. February 17 – March 26

Days (Circle one)

Monday/Wednesday Tuesday/Thursday

Times - Please check the time you would prefer

10am 1pm 5:10pm

10:35am 1:35pm 5:45pm

11:10am 4pm 6:20pm

11:45am 4:35pm 6:55pm

Fees: \$99+ tax Member/\$142.56+ tax Non-member

My signature acknowledges that as a participant in swim lessons at Columbia Athletic Clubs I accept full responsibility for my use of any and all apparatus, appliances or facility privilege or service whatsoever, owned and operated by this Club at my own risk and shall hold the Club, its shareholders, directors, officers, employees, representatives, and agents harmless from any and all loss, claim, injury damage or liability sustained or incurred by me resulting therefrom.

Parent/Guardian Signature _____

Please Print

Saturday Lessons - 4 (45 minute) classes

Class level requested (Circle One)

1 2 3 4 5

Dates (Circle one session)

I. January 11 – February 1 III. March 7 – 28

II. February 8 – 29 IV. April 4 – 25

Times - Please check the time you would prefer

9:30am 11am 12:30pm

10:15am 11:45am

Fees: \$46.50+ tax Member/\$70+ tax Non-member



If you are unsure of your child's level, please contact us to schedule an evaluation.

Please note: Non-members are not allowed to swim before or after their scheduled swim lesson. A separate form is needed for each swimmer and for every session requested.