

# Aquatics Saturday Group Lesson Schedule

## Saturdays, February 6 – March 13

\$120 + tax Member/\$150 + tax Non-Member

### Total of 6 Classes

Pre 1 and Pre 2 will be 30-minutes  
All other lessons will be 45-minutes

<b>9am</b>	<b>Pre 2</b>	
9am		Level 5/6
<b>9:30am</b>	<b>Pre 2</b>	
9:30am		Level 3
9:45am		Level 3
10:15am		Level 4
10:45am		Level 3
Instructors:	Jill	Maverick/Harry

## REGISTRATION OPENS

January 25th for Members/January 28th for Non-members

## REGISTRATION REQUEST

Swimmers Name: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Gender: M/F Level \_\_\_\_\_ M or NM

Swimmers Name: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Gender: M/F Level \_\_\_\_\_ M or NM

Parent's Name: \_\_\_\_\_ Parent is a M or NM

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Contact Email Address:\* \_\_\_\_\_

\*Used for confirmation and receipt only

## Enrollment

During our Phased Restart Operations swim lesson registration will be available on line or at the Club for both Members and Non-members. Registration forms may be submitted as they become available. Once received, confirmation of placement will be sent by email.

Questions and completed registration forms can be directed to [plcactivities@columbiaathletic.com](mailto:plcactivities@columbiaathletic.com).



2930 228th Avenue SE • Sammamish, WA 98075

Phone: 425.313.0123 • Fax: 425.313.0870

[www.columbiaathletic.com](http://www.columbiaathletic.com)

# Swim Lesson Requirements

The following skills are requirements to graduate each level.

## Pre 1 (3 – 6 yrs. old)

Be able to enter the water independently. While in shallow water, perform supported front/back floats; comfortably submerge body and head into the water while blowing bubbles and have basic knowledge of kicking on front/back.

## Pre 2 (3 – 6 yrs. old)

Confidently float front/back for a minimum 5 second count, swim using streamline arms with kicking front/back for the length of the small pool, and swim using combined arm and leg actions on front/back for the length of small pool while using some type of breathing method for front swimming.

## Pre 3 (3 – 6 yrs. old)

Push off and swim using stream line arms, combined arm and leg actions on front and back using a method of side breathing for front stoke at a distance of 25 yards. Be able to perform elementary back stroke (chicken, airplane, soldier) as well as breast stroke kick.

## Level 2 (6 yrs. old and up)

Step from side into chest deep water, demonstrate a front and back float for 5 seconds, and then recover to a vertical position. Push off and swim using streamline position as well as combined arm and leg actions on front/back for the length of the small pool or 15 yards using some type of breathing method for front swimming.

## Level 3 (6 yrs. old and up)

Jump into deep water from the side, swim in streamline position both front/back with a strong kick for 25 yards each, swim front

stroke for 25 yards with side breathing, be able to complete 25 yards back stroke, demonstrate efficient elementary back stroke. Must have an effective breast stroke kick and be able to demonstrate complete breaststroke with fair timing.

## Level 4 (6 yrs. old and up)

Swim front streamline with strong kicking 50 yards, front stroke with side breathing for 50 yards, swim back streamline with strong kick for 50 yards, backstroke for 50 yards, elementary backstroke for 50 yards, swim breaststroke for 25 yards with good timing and swim be able to demonstrate dolphin kick/harmonics as wells a kneeling dive from the side of the pool. Be able to tread water for 1 minute.

## Level 5 (6 yrs. old and up)

Perform a shallow dive into deep water from a kneeling or standing position, swim front/back streamline for 100 yards, swim front (with effective side breathing) and backstroke 100 yards, swim breaststroke for 50 yards with effective timing, and swim butterfly for a distance of 25 yards. Be able to tread water for 2 minutes.

## Level 6 - Pre Competition (6 yrs. old and up)

Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 100 yards of each stroke, being able to demonstrate appropriate turns for each including IM turns. Be able to tread water for 3-4 minutes.

## CAC - Pine Lake - Group Swim Lesson Policies

### Covid policies

Please see the front desk for the most up to date Aquatics Policies related to club usage such as locker room or towel service, as well as any entry and exit requirements that are currently put in place. They are subject to change due to Covid regulations as King County moves through the different safe start phases.

### Missed Class Policy

Make up classes will not be given for classes missed during the session, for any reason. Classes may be prorated only for medical reasons, and a doctors note must be provided during the session classes were missed. The Aquatics department reserves the right to give makeup classes or refunds for classes only when the Columbia Athletic Club at Pine Lake is at fault for canceling class.

### Non-member Policy

It is an established policy at the Columbia Athletic Clubs to reserve aquatic center usage before and after lessons, towel service and locker room privileges for members only. Non-Members using

the club are required to use the Aquatic Family area if needing to change or shower. This policy will be enforced to protect our membership.

### Cancellation Policy\*

Participant can un-enroll prior to class starting without penalty. Classes cancelled after the start of a session will be assessed the full fee.

\*If there is only a single participant registered for a class, Columbia Athletic Clubs reserves the right to cancel or consolidate classes.

### Liability Waiver

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.

I have read, understand and agree to the above Waiver, Usage and cancellation Policy.

Parent Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_  
(Print)