

Private Lesson Request Form

When completed, please submit form to: plcaquatics@columbiaathletic.com.

Date: _____

Participants Name: _____ D.O.B: _____ Gender: M / F

Participants Name: _____ D.O.B: _____ Gender: M / F

Contact Phone Number: _____ Call / Text

Contact Email: _____

Address: _____

Contact Email #2 (Semi-private): _____

Contact Name: _____

Address: _____

Circle what level you would consider the swimmer to be: L1 L2 L2/3 L3 L4 L5 L6 Parent Tot Adult
(See page 2 for Level descriptions.)

What days and times that work best? _____ Friday _____ Saturday after 3pm _____ Sunday _____ Weekday after 7pm

Instructor Preference? (Name or Gender) _____

Is the participant a Member of the club? (circle one) Y / N

What skills would you like the instructor to work on?

Cancellation policy and liability waiver

Lessons are assigned to an instructor with a standing appointment on a quarterly basis. Lessons that are no-show or cancelled with less than 12 hrs. notice are subject to the full fee. (See complete details on page 2).

Assignment of private lessons does not give a non-member swimmer, or their family, access to any other areas of the Cub including the exercise facility, sauna, steam room or member locker rooms. Non-member swimmers are to use the changing areas and showers located in the aquatic center.

If participating as a Non-member I accept full responsibility for our use of any and all apparatus, the aquatic facility, appliances 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 the above and agree with the policy: _____

Signature

Date

Private Lesson Rates (Based upon rate per 30 minutes)		
	Member:	Non-member:
Private:	\$37 + tax	\$49 + tax
Semi-private:	\$48 + tax	\$64 + tax

Rates subject to change.



www.columbiaathletic.com

Swim Lesson Guideline

Below is an outline of what we teach in each Level. A swimmer will graduate to the next level once all skills are met within current level.

Parent Tot

For those under age 4 yrs. Parent Tot is about an introduction and continued exposure to water. This level will require parent involvement in the water as we introduce swim motions in preparation for more independent learning.

Level 1

This level is about being comfortable in the water, safety and preparing to learn swimming skills. Jump in and return to wall with assistance. Assisted front float, assisted back float, kicking front and back. Front glide for 3 ft. and front glide with kick for 6 ft.

Level 2

This level will introduce front crawl, elementary breaststroke and prepare for backstroke. Swimmer will also get comfortable with jumping in from the side.

Level 2/3

This level will introduce side breathing, work on endurance and safety skills as they transition to the big pool. Teach head bobs, glides and get comfortable going to the bottom of the pool and surfacing independently.

Level 3

This level will focus on freestyle side breathing, back stroke, and breaststroke kick. Students will learn freestyle, backstroke and breaststroke kick. Swimmers should be able to swim each discipline for at least 12.5 yards. They will begin to tread water, can circle swim and safely jump in and get to the side.

Level 4

This level will introduce streamline starts and increasing distance to at least 25 yards of each stroke. Students can swim at least 25 yards freestyle, backstroke and breaststroke. Dolphin kick and full breaststroke will be introduced.

Level 5

Here we introduce flip turns, butterfly and increase endurance to at least 50 yards. Swimmer will learn to swim butterfly with correct timing and technique, as well as the full butterfly stroke. Performs open turns and will begin to learn flip turns.

Level 6

This is considered our pre Swim Team level. Completion of this will prepare swimmer for Swim Team tryouts. Swimmer will be able to swim a minimum of 25 yards butterfly. Able to perform flip turns for freestyle and backstroke. Swims breaststroke with correct arms and legs for competitive swimming.

Details of Private Lessons

At Columbia Athletic Clubs we work to distinguish ourselves by providing a quality learning environment with an emphasis on instruction, small classes and warm water. We offer private lessons for swimmers of all ages, from 6 months to adults at any skill level. Our private swim instructors complete over 30 hours of training, following our proven curriculum. These one-on-one lessons provide an excellent addition for those participating in group classes or on swim team, ensuring a cohesive experience across all our aquatic programs. 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 years ahead.

Our private lessons are assigned to an instructor on a quarterly basis.

- September – December
- January – March
- April – June
- Summer (June – August)

Once we receive your request form we will work to assign the swimmer to an instructor. When assigned, the swimmer will have a standing appointment until the end of that quarter. Once the quarter has ended, it is up to the swimmer and instructor to continue the lesson for the following quarter. If so, new standing reservations would be established for the following term.

Waitlists

For those who submit a request form but do not get assigned with an instructor will be placed on a waitlist. If a space opens, those on this waitlist who match availability will be contacted by email. If no space opens, you will be contacted by email to see if you wish to re-submit your form and update any information for the next quarter.

Changes or Cancellations

Once your lessons start all ongoing changes or modifications to the schedule or future appointments can be done with the instructor directly. Any lesson that is a No-Show or cancelled with less than 12 hrs. notice are subject to the full fee. If you miss three (3) or more lessons future reservations may be cancelled and replaced by another swimmer.

If you miss a lesson, you can request a makeup session from your instructor. Availability for makeup lessons is at the instructor's discretion and does not change the cancellation policy.

Payment

A form of payment (FOP) such as CC is required on the swimmers profile. This FOP will be charged upon check-in at the front desk. Changes or updates to this FOP can be done at the front desk when needed.