

# CAC - Pine Lake Group Lesson Requirements & Policies

## Swim Lesson Requirements

*The following skills are requirements to advance to the next level.*

At Columbia Athletic Clubs we work to distinguish ourselves by providing a quality learning environment with an emphasis on instruction, safety and small classes. We believe the fundamentals components to success in swimming stem from focusing on safety fun positivity and providing you swimmers with a technical skill set that they can depend on for years to come. We combine these core beliefs with a customer service driven approach to registration and coordination. We do all this because we genuinely care about your child's experience in the water.

Each child will receive a progress report at the end of the session which will include information on next enrollment level.

### Parent Tot Classes

These Parent Tot classes will focus on an introduction and continued exposure to water. Here we will work on water adjustment and the pure enjoyment of being in a warm water pool. We will require parent involvement in the water as we introduce swim motions and simple movements to prepare for more independent learning in L1 Group lessons. Call for dates and times.

### Youth Beginner (8 – 14yrs)

This is a class designed for those young swimmers roughly 8 to 14 years old and held in the small lesson pool. The focus will be an introduction to swimming and learning basic skills.

### 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. Swimmer will be introduced to sculling for treading water, surface dives and have an introduction to fins.

### 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. They will tread water using sculling arms eggbeater, breaststroke or scissors kick for 2 minutes.

### Level 6

This is considered our pre Swim Team level. Completion of this will prepare swimmer for Swim Team try outs.

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. Knows how to use the time clock for sets and is able to swim 75 yards of freestyle, back and breaststrokes.

### Adult Beginner

Adult Beginner is a class for those who are new to swimming and need an introduction to water. This class will focus on overcoming any fear of the water, how to float, and will introduce kicking and strokes.

### Adult Intermediate

This class will focus on strengthening the strokes with a goal to swim one full length of the pool. Should be able to float independently and be able to front crawl for 12.5 yards before enrolling in this level.

## Group Swim Lesson Policies

### Missed Class/Refund Policy

The Aquatics department reserves the right to give makeup classes or class credits for classes only when the Columbia Athletic Club at Pine Lake cancels class. No refunds will be issued once class has started.

### Enrollment and Billing

Payment for the full session is required upon enrollment. Un-enrollment will mean swimmer will give up their spot which may be filled by another swimmer.

### Non-member Policy

It is an established policy at Columbia Athletic Clubs to reserve the aquatic center and locker rooms before and after lessons for Members only. Non-members using the club are asked to use the Aquatic Family area if needing to change or shower. This policy will be enforced to protect our membership.

### Cancellation Policy

When a class has only a single participant registered Columbia Athletic Clubs reserves the right to cancel or consolidate the class.

We follow Issaquah School District for all weather related changes.

