

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.



Private Swim Lessons

Private lesson request forms are available at the front desk or in the Aquatic Department. Lessons are scheduled based on instructor availability.

Fees: \$30 + tax Member per half hour
\$37.50 + tax Non-Member per half hour
Semi-private lessons, add \$5 + tax for each additional swimmer

Silver Lake Wahoos

The Wahoos program at CAC is a fun learning experience that provides children with the foundation needed to become strong swimmers. We focus on technique development through drill work, video and coach feedback to teach efficient swimming. Participation in our program will develop a child's strength, stamina, and coordination as well as character traits such as hard work, self discipline, goal setting and confidence.

Dryland training is incorporated in the weekday program. The intent of this training is to strengthen the core which helps the swimmer manage their body on land and in the water.

Pre-requisite: previous enrollment in level 4

Wahoos Schedule And Pricing

Please select the days and times that would work for you. Adjustments may be needed in order to make sure your swimmer is in the best group for their ability.

Monday, Wednesday, Friday

4–5pm 5–6pm 6–7pm

Tuesday, Thursday, Friday

4–5pm 5–6pm 6–7pm

Saturdays

9–9:45am 9:45–10:30am 10:30–11:15am

11:15am–12pm 12–12:45pm

Fees: Weekdays: \$90 + tax Member

\$110 + tax Non-member

Saturdays: Follows the Saturday lesson pricing schedule

Contact Information

Swim Lesson Coordinator

Email: slcswim@columbiaathletic.com

Drew Whorley, Aquatic Director

Email: Drew@columbiaathletic.com

Phone: 425.745.1617 ext. 2228

Silver Lake Aquatics Winter/Spring Lessons & Programs

2020 edition



**COLUMBIA**
athletic clubs

Columbia Athletic Clubs - Silver Lake
505 128th Street SE • Everett, WA 98208

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 cancelation policy will be enforced.

**Email address is needed for confirmation purposes only. You will not receive solicitations from our club, nor will your email address be given to any second party. 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 - 8 (35 minute) classes

Class level requested (Circle one)

1 2 3 4 5

Dates (Circle one session)

I. January 6–30 III. March 2–26
II. February 3–27* IV. March 30–April 23

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: \$67 + tax Member/\$93 + tax Non-member

*(No class 2/4) \$58.63 + tax M/\$81.38 + tax NM

To Register, please fill out information above, then choose:

(A.) Level (circle one) (C.) Day (circle one)
(B.) Date (circle one) (D.) Times (circle two)

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.

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 14–April 4
II. February 15–March 7 IV. April 11–May 2

Times - Please check the time you would prefer

9am 10:30am 12pm
 9:45am 11:15am

Fees: \$47.5 + tax Member/\$68 + tax Non-member

*no class 2/8

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

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.

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 crawlstroke 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).

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