

# Silver Lake Aquatics Lessons & Programs



## Group Swim 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).

**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.*

## 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



## 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.

## Contact Information

**Swim Lesson Coordinator**

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