

Silver Lake Aquatics Lessons & Programs



Private Swim Lessons

We only offer private lessons as we believe this format creates the quickest path to success by ensuring consistency of instruction and scheduling, as well as tailoring the curriculum to the needs of each individual swimmer. Lessons are available for both youth and adults.

Private lessons are scheduled based on instructor availability. Email us at slcswim@columbiaathletic.com with your available days and times and we will set you up with an instructor.

Silver Lake Wahoos

Our non-competitive swim team has several different practice options! The goal of this program is to provide swimmers of all abilities the exposure to proper stroke technique through drill work and games. Sign up for as many days as you would like!

Days: Monday, Tuesday, or Thursday

Times: 4–4:45pm, 4:45–5:30pm, 5:30–6:15pm, 6:15–7pm

Day: Saturdays

Times: 9–9:45am, 9:45–10:30am, 10:30–11:15am, 11:15am–12pm

Please contact the aquatic department with any questions regarding this program slcswim@columbiaathletic.com.



High School Swimming Off-Season Condition Program

Designed for high school swimmers (13 & over) who want to stay prepared during the off season by focusing on stroke technique while also improving their physical and mental conditioning. Participants may join at any time.

Days: Monday–Thursday, 3:15–4pm

Contact Information

Swim Lesson Coordinator

Email: slcswim@columbiaathletic.com

Drew Whorley, Aquatic Director

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