

# 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.

### Youth Beginner (8 – 12yrs)

This is a class designed for those young swimmers roughly 8 to 12 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. Hold breathe at least 10 sec and blow bubbles. 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 the strokes and kick as well as side breathing and jump in from the side.

Freestyle with side breath, prepare for backstroke, introduce breaststroke kick and prepare to transition to the big pool. Head bobs, supported side glide and get comfortable going to the bottom of the pool and can surface independently.

### Level 3

This level will focus on freestyle and back strokes and introduce elementary backstroke and breaststroke kick. Students will learn freestyle backstroke and elementary backstroke during this Level. They should be able to swim each discipline for at least 12.5 yards. They will start 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 50 yards of each stroke.

Students will perform streamline off the wall starts. Can swim at least 50 yards freestyle, backstroke and elementary backstroke. Eggbeater, dolphin and scissors kicks are introduced. Will be introduced to sculling for treading water and tuck and pike for surface dives.

### Level 5

Here we introduce flip turns, butterfly and increase endurance to at least 100 yards. Swimmer will learn to swim breaststroke with correct timing and technique, as well as the full butterfly stroke. Performs open turns and has begun to learn flip turns. They will tread water using sculling arms and eggbeater, breaststroke or scissors kick for 2 minutes. Swim a minimum of 25 yards sidestroke.

### Level 6

This is our Pre-Competition 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 4 x 50 sets of Free, back and breast strokes.

### Adult Beginner

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

### Adult Intermediate

This class will introduce the basics of each stroke with a goal to swim one full length of the pool. Should be able to float independently before enrolling in this level.

## CAC - Pine Lake - 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 is at fault for canceling class. No refunds will be issued once class has started.

### Enrollment and Billing

Payment for the full session is required upon enrollment. Auto bill will occur on the first of each month for the remaining session. If you wish to un-enroll from the remaining classes written notice needs to be received prior to the next billing. Un-enrollment will mean you give up your 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.

### Liability Waiver

I accept full responsibility for my use of any and all apparatus, appliances or facility 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.

