

Silver Lake Aquatics Lessons & Programs



Private Swim Lessons

Request forms are available at the front desk or in the Aquatic Department. Lessons are scheduled based on instructor availability. Pricing is based on a one person 30 minute lesson.

Fees: \$44 + tax Member/\$49 + Non-member

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, Wednesday 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

Fees: \$60 + tax Member/\$70 + Non-member



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

Fees: \$60 + tax Member/\$85 + Non-member

Waterbabies

For those under the age of three, CAC offers a parent-tot program through a company called Waterbabies. Classes are once a week for 30 minutes and are organized by both age and skill level. Students, ages 4 months through 3 years, attend class with a parent or another adult in the water.

Waterbabies' instructors guide parents and children through a series of songs and games, teaching parents the techniques to successfully submerge, float and practice safety skills with their little swimmers! Parents will introduce their child to the joys and pleasures of the water while bonding, building confidence and boosting self-esteem.

For More Information go to: <http://www.waterbabiesusa.com>.

Contact Information

Phone: 425.745.1617 x2228

Swim Lesson Coordinator

Email: slcswim@columbiaathletic.com



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