

Winter/Spring Group Swim Lessons

Weekday Classes

Our comprehensive group swim lesson program is designed to help your child progress from the very beginning stages of their learning through to Swim Team preparation. Lessons are 30 minute in length and offered twice per week for those ages 4 and up.

WINTER SESSION 1:

Dates: Jan. 6 – Feb. 27, M/W (13 classes - no classes 1/20, 2/17 & 2/19)
Jan. 6 – Feb. 27, T/Th (14 classes - no classes 2/18 & 2/20)

Fees: \$234 + tax Member/\$312 + tax Non-member (13 classes)
\$252 + tax Member/\$336 + tax Non-member (14 classes)

Registration open

WINTER/SPRING SESSION 2:

Dates: March 3 – April 30, M/W (16 classes - no classes 4/14 & 4/16)
March 4 – May 1, T/Th (16 classes - no classes 4/15 & 4/17)

Fees: \$288 + tax Member/\$384 + tax Non-member

Registration open by 10am, Mon., Feb. 10.

SPRING SESSION 3:

Dates: May 5 – June 11, M/W (11 classes - no class 5/26)
May 6 – June 12, T/Th (12 classes)

Fees: \$198 + tax Member/\$264 + tax Non-member (M/W)
\$216 + tax Member/\$288 + tax Non-member (T/TH)

Registration opens by 10am, Mon., April 21.

Class Time	Levels Mon./Wed.				
4:15 – 4:45pm	L1	L1		L3	
4:45 – 5:15pm		L6	L2	L4	L2/3
5:30 – 6pm	L2	L3	L3		L4
6 – 6:30pm		L3	L2/3	L4	L3
6:30 – 7pm	L1			L5	YB

Class Time	Levels Tues./Thurs.				
4:15 – 4:45pm	L1	L3	L1		
4:45 – 5:15pm	L2		L3	L4	L2
5:30 – 6pm		L2/3	L2/3	L4	L4
6 – 6:30pm		L2/3	L6	L3	
6:30 – 7pm	L1	L5		L2/3	

Saturday Classes

Our Saturday group lessons provide a diverse range of swim programs, catering to various age groups from parent-tot to adults. These sessions prioritize comfort and safety in the water over endurance, offering a less intense pace. Conducted weekly, our Saturday group lessons are designed for a more relaxed learning experience.

WINTER SESSION 1:

Dates: Jan. 11 – Feb. 15 (6 classes)

Fees: \$108 + tax Member/\$144 + tax Non-member
\$108 + tax Member/\$153 + tax Non-member (Parent Tot)

Registration open

WINTER/SPRING SESSION 2:

Dates: March 1 – April 12 (7 classes)

Fees: \$126 + tax Member/\$168 + tax Non-member
\$126 + tax Member/\$179 + tax Non-member (Parent Tot)

Registration opens by 10am, Fri., Feb. 14

SPRING SESSION 3:

Dates: April 26 – June 7 (7 classes)

Fees: \$126 + tax Member/\$168 + tax Non-member
\$126 + tax Member/\$179 + tax Non-member (Parent Tot)

Registration opens at 10am, Fri., April. 11

Class Time	Levels			
9:30 – 10am		L2	YB	L1
10 – 10:30am	L5	L4		L2/3
10:30 – 11am	L2/3		L3	L2
11:15 – 11:45am	L1	L5	L2/3	
11:45am – 12:15pm	Parent Tot	Adult Beg.	Adult Int.	Parent Tot

Enrollment Procedures:

- All class registrations requests are online. Please visit www.columbiaathletic.com/Youth Aquatics/Swim Lessons.
- Select Level of swimmer and then all days and times that you could attend.
- Placement is not confirmed until enrollment has been completed and payment received.
- Swimmers need to register for each Session. Members receive priority registration.
- Swimmers currently enrolled will also be given priority registration.
- Confirmation of enrollment will be sent within 7 days of registration opening.
- Those placed on wait lists will be contacted by email. Should space become available we will call to confirm before enrolling.

Payment Procedures:

- Payment will be for the entire session.
- There will be no make up classes or refunds once classes have started.
- **Questions can be directed to plcactivities@columbiaathletic.com.**
- We follow Issaquah School District for all weather-related cancellations.

Group Swim Lesson registration online at

<https://www.columbiaathletic.com/program/group-lessons/>



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.

Parent Tot Classes

These Parent Tot classes will focus on an introduction and continued exposure to water. Here we will work on water adjustment and the pure enjoyment of being in a warm water pool. We will require parent involvement in the water as we introduce swim motions and simple movements to prepare for more independent learning in L1 Group lessons. Call for dates and times.

Youth Beginner (8 – 14yrs)

This is a class designed for those young swimmers roughly 8 to 14 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. 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 front crawl, elementary breaststroke and prepare for backstroke. Swimmer will also get comfortable with jumping in from the side.

Level 2/3

This level will introduce side breathing, work on endurance and safety skills as they transition to the big pool. Teach head bobs, glides and get comfortable going to the bottom of the pool and surfacing independently.

Level 3

This level will focus on freestyle side breathing, back stroke, and breaststroke kick.

Students will lean freestyle, backstroke and breaststroke kick. Swimmers should be able to swim each discipline for at least 12.5 yards. They will begin 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 25 yards of each stroke. Students can swim at least 25 yards freestyle, backstroke and breaststroke. Dolphin kick and full

breaststroke will be introduced. Swimmer will be introduced to sculling for treading water, surface dives and have an introduction to fins.

Level 5

Here we introduce flip turns, butterfly and increase endurance to at least 50 yards. Swimmer will learn to swim butterfly with correct timing and technique, as well as the full butterfly stroke. Performs open turns and will begin to learn flip turns. They will tread water using sculling arms eggbeater, breaststroke or scissors kick for 2 minutes.

Level 6

This is considered our pre Swim Team 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 75 yards of freestyle, back and breaststrokes.

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 will introduce kicking and strokes.

Adult Intermediate

This class will focus on strengthening the strokes with a goal to swim one full length of the pool. Should be able to float independently and be able to front crawl for 12.5 yards 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 cancels class. No refunds will be issued once class has started.

Enrollment and Billing

Payment for the full session is required upon enrollment. Un-enrollment will mean swimmer will give up their 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. We follow Issaquah School District for all weather related changes.