

NOVEMBER SILVER LAKE BIG POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Aerobics 7:45 - 8:45		Water Aerobics 7:45 - 8:45		Water Aerobics 7:45 - 8:45	Adult Group Lessons 8:00 - 8:45	
Aqua Motion 8:50 - 9:50	Water Cross 8:50-9:50	Aqua Motion 8:50 - 9:50	Aqua Bootcamp 8:50 - 9:50	Aqua Motion 8:50 - 9:50	Swim Lessons 9:00 - 12:45	
Swim Lessons 10:00 - 2:10 1 lane	Swim Lessons 10:00 - 2:10 1 lane	Swim Lessons 10:00 - 2:10 1 lane	Swim Lessons 10:00 - 2:10 1 lane		Swim Team 9:00 - 12:45	
	Aqua Motion 2:15 - 3:15		Aqua Motion 2:15 - 3:15			
High School program (3 lanes) 3:15 - 4:00	High School program (3 lanes) 3:15 - 4:00	High School program (3 lanes) 3:15 - 4:00	High School program (3 lanes) 3:15 - 4:00	High School program (3 lanes) 3:15 - 4:00		
Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30	Swim Lessons 4:00-7:30		
Swim Team 4:00-7:15	Swim Team 4:00-7:15	Swim Team 4:00-7:15	Swim Team 4:00-7:15	Swim Team 4:00-7:15		
Water Aerobics 7:35 - 8:35			Adult Group Lessons 7:30 - 8:15			
						Pool Closes at 8pm



NOVEMBER SILVER LAKE BIG POOL CLASS DESCRIPTIONS

Wahoo Swim Team

Our non-competitive swim team has seven 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. This program features 45 minutes of pool time and fifteen minutes of dry land activity that will focus on core strengthening.

Pre-requisite: previous enrollment in level 4.

Practice Schedule

Monday, Wednesday, Friday, 4–5pm, 5–6pm, or 6–7pm
Tuesday, Thursday, Friday, 4–5pm, 5–6pm, or 6–7pm
Saturday, 9–9:45am, 9:45–10:30am, 10:30–11:15am, 11:15am–12pm,
and 12–12:45pm.

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.

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.

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.

Fee: Members \$27.50 per half hour
Non-Members \$35 per half hour
Semi-private lessons, add \$5 for each additional swimmer

Water Aerobics

Water Aerobics:

Straight-forward exercises done in an easy-to-follow pattern make this class a great way to get fit! Intervals of cardio and strength training movements are combined to maximize your workout time. Stretching completes the class. Heart rate monitors are encouraged.

Aqua Motion:

This class consists of range of motion, muscle strengthening, and endurance building activities as well as flexibility exercises. It incorporates walking or rebounding in various directions and strides utilizing specific upper body movements. This class will improve agility and range of movement, improve lateral movement, increase core strength, increase balance and body awareness. It is great for those with arthritis, fibromyalgia, joint replacements, post surgery rehab, pre and post natal or for cross training.

Water Cross:

This class incorporates a cardiovascular workout with movements of running, jumping and bouncing. During class techniques of circuit training and speed intervals and integrates exercises to improve muscular strength, endurance, range of motion, balance, and mobility. Pilates based exercises are included to develop "core strength and length." The class ends with yoga-style stretching to enhance posture and body awareness. Discover the differences between movement in water and on land. Water classes are great for Active Aging participants.

There is always at least one lap lane available, except for Monday–Thursday 4–7pm All members are expected to share whatever lane space is available.

While we allow open swim during swim lessons, please keep in mind that our lesson demand varies monthly. If you have questions regarding the best time to swim during a lesson block, feel free to ask a lifeguard.

Questions: Contact Aquatics Director Drew Whorley Ext 2228 or via email at drew@columbiaathletic.com

