

Makin' Waves in Georgia



Summer 2017

Swim Lesson Information

Registration for all swim lesson is at the Columbus Aquatic Center, 1603 Midtown Drive, Columbus, GA 31906. Hours of operation are Monday through Friday from 8am to 7pm and Saturday from 10am to 3pm. Closed on Sunday. The cost is \$50 per child. Refunds are available up to the 3rd CLASS Period. Swim lessons may be paid with by check, money order or a Visa or Master card. For additional information please call 706-225-3980.

Each class must have a minimum of 6 registered participants. Swim Lesson Sessions run for 2 weeks, Monday through Thursday, using Friday as an "Official Rain Out Make Up Day." All instructors are American Red Cross Water Safety Instructor Certified or United States Swimming Coach Certified.

Swim lesson facility sites, address and pool facility lesson code key

Columbus Aquatic Center, 1603 Midtown Drive, Columbus, GA 31906 (CAC)
 Double Churches Pool, 2300 Double Churches Rd, Columbus, GA 31904 (DC)
 Psalmound Road Pool, 6550 Psalmound Rd., Columbus, GA 31820 (PR)
 Rigdon Park Pool, 1600 Howe Ave. Columbus, GA 31903 (RP)
 Shirley Winston Pool, 5033 Steam Mill Rd. Columbus, GA 31907 (SW)

June 5-June 15	Pool Facility	June 5-June 15	Pool Facility
6:00-6:50pm Ages 3-5 years	DC1 PR1 RP1 SW1	9:30-10am Parent-Tot Ages 6mo-3 years	CAC1
6:00-6:50pm Ages 6-11 years	DC2 PR2 RP2 SW2	9:15-10:05am Ages 3-5	CAC2
7:00-7:50pm Ages 3-5 years	DC3 PR3 RP3 SW3	10:15-11:00am Ages 6-11	CAC3
7:00-7:50pm Ages 6-11 years	DC4 PR4 RP4 SW4		
June 19-June 29	Pool Facility	June 19-June 29	Pool Facility
6:00-6:50pm Ages 3-5 years	DC5 PR5 RP5 SW5	9:30-10am Parent-Tot Ages 6mo-3 years	CAC4
6:00-6:50pm Ages 6-11 years	DC6 PR6 RP6 SW6	9:15-10:05am Ages 3-5	CAC5
7:00-7:50pm Ages 3-5 years	DC7 PR7 RP7 SW7	10:15-11:00am Ages 6-11	CAC6
7:00-7:50pm Ages 6-11 years	DC8 PR8 RP8 SW8		
July 10-July 20	Pool Facility	July 10-20	Pool Facility
6:00-6:50pm Ages 3-5 years	DC9 PR9 RP9 SW9	9:30-10am Parent-Tot Ages 6mo-3 years	CAC7
6:00-6:50pm Ages 6-11 years	DC10 PR10 RP10 SW10	9:15-10:05am Ages 3-5	CAC8
7:00-7:50pm Ages 3-5 years	DC11 PR11 RP11 SW11	10:15-11:00am Ages 6-11	CAC9
7:00-7:50pm Ages 6-11 years	DC12 PR12 RP12 SW12		

File Name: Swim Lessons SU 2017 Indoor-Outdoor

Thank you for choosing Columbus Parks and Recreation Department as your child's "Learn-to-Swim" supplier.





Learn-to-Swim Lesson Program Information



American Red Cross swim lesson course curriculum for all swim lessons including basic instruction in water safety. We offer several of the American Red Cross Learn-to-Swim levels of swimming instruction that teach participants how to swim skillfully and safely.

Specific Information:

Lessons are normally held in two-week courses with one instructor for every 5-8 participants. Two week courses contain a total of eight 30-45 minute sessions with classes held Monday-Thursday; Fridays is a make-up day in case of cancellation. In the case of cancellation, water safety portion of the curriculum may be taught in the classroom using videos and instructor examples with class participation. This option is only done once per session. Each class must have a minimum of 6 registered participants. All instructors are American Red Cross Water Safety Instructor Certified or United States Swimming Coach Certified.

Student's skills will be evaluated at the end of the course and instructors will make a recommendation to move forward to the next level, or suggest specific skills to work on before moving up. Students will receive a course certificate and skill checklist.

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Learn to Swim Level Descriptions:

Parent and Child Aquatics - \$50/per child

30 minute sessions for children 6 months—3 years old. The purpose of this course is to familiarize students with water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. Participants will grow more comfortable in and around water through games, songs, and activities designed for their age level. This course is not designed to teach children to become good swimmers or to survive in the water on their own. Although there are no skill prerequisites for this course, children must be at least 6 months old to participate in the course and a parent must accompany each child in the water and participate in the classes. (Guardians, child care providers, other adult relatives and older siblings may participate with the child in the Parent and Child Aquatics courses. Parent and Child Aquatics classes maintain an instructor-to-parent-child ratio of at least one instructor to no more than 10 parent-child pairs.

Preschool Aquatics - \$50/per child

30 minute sessions for children 3-5 years old. These classes are designed for children 3-5 years who are somewhat comfortable in the water but are not yet ready for a full swim lesson atmosphere. Participants will grow more comfortable in and around water through games, songs, and activities designed for the preschool age level. Specific emphasis is placed on growing students confidence in submerging their face and head.

Learn-to-Swim Level 1 - \$50/per child

45 minute sessions for children 5-7 years old. This course helps students feel comfortable in and enjoy the water. Participants will learn glides and floats and begin learning the basics of swimming. The purpose of this class is to begin developing positive attitudes, good swimming habits, and safe practices in and around the water, as well as the fundamentals of floating and swimming. Students may still need assistance from instructors in performing skills.

Learn-to-Swim Level 2 - \$50/per child

45 minute sessions for children 6-8 years old. Participants must be comfortable in and under the water to be successful in this level. The purpose of this class is to give participants success with fundamental skills, including learning how to float without support, recover to a vertical position, perform the front and back crawl, and how to tread water. This course is designed to build upon skills learned in Level 1 and to perform without assistance.

Learn-to-Swim Level 3 - \$50/per child

45 minute sessions for children 7-9 years old. Participants must be able to perform basic strokes, such as those learned in Level 2, without assistance. This class is designed to build upon the skills learned in Level 2 and to familiarize students with deeper water and more precise techniques. Student will learn to tread water, perform rotary breathing, and successfully do front crawl, elementary backstroke, and flutter, dolphin, and breaststroke kicks.

Learn-to-Swim Level 4 - \$50/per child

45 minutes sessions for children 8 years of age and above. This course is designed to improved technique in all four strokes as well as endurance. Students will work on treading water, flutter and dolphin kicks, and swimming at least 50 yards continuously using various strokes.

Adult Classes - \$50/per child

45 minute sessions for anyone who does not fall into the Red Cross Learn-to-Swim levels, this can include adolescents who are not comfortable in a class with younger peers. These courses are designed to meet the needs of adult learners. The skills range from comfort in and under the water to learning and improving basic strokes for fitness. It doesn't matter what the starting point, instructors work to set and achieve goals for each individual student.

Private Lessons/Semi-Private - \$25/per person, \$15 each additional person.

30-45 minute sessions for children 1 year old —adults. Private lessons are offered to work on specific individual needs and can be customized for a variety of skills levels. This type of lesson can be very helpful for children who are easily distracted in larger group lessons or have specialized needs. Adults needing individualized training plans for fitness goals, or even triathlons, may find this instruction useful. Staff will attempt to schedule lessons at times that are convenient for the participant. The majority of private lessons are 45 minutes in length, but very young children may benefit from shorter lessons to keep attention and prevent them from becoming tired. Semi-Private lessons are available for groups of 2-4 children.

Revised: 4/24/17