

Greater Columbus Swim School"

2019 Swim Lesson Information – Canal Winchester Municipal Pool



GCSTO

GREATER COLUMBUS SWIM TEAM OF OHIO

Head Lesson Instructor: Bailey Fillmore 614-557-6053 or todl.2@buckeyemail.osu.edu

GROUP LESSON COSTS: \$60.00 per session **PRIVATE LESSON COSTS:** \$180.00 per session

- Lessons are taught by lifeguard certified Greater Columbus Swim School trained instructors.
- Sessions run for 2 weeks, Mondays through Thursdays and are comprised of 8, 30 minute classes each session. Fridays will be used as make up days.

<u>Sessions</u>	<u>Dates</u>	<u>Exact Dates</u>
Session 1	(June 3–June 13)	June 3, 4, 5, 6, 10, 11, 12, 13
Session 2	(June 17–June 27)	June 17, 18, 19, 20, 24, 25, 26, 27
Session 3	(July 8–July 18)	July 8, 9, 10, 11, 15, 16, 17, 18
Session 4	(July 22–August 1)	July 22, 23, 24, 25, 29, 30, 31, August 1

- **It is our goal to offer all class levels each session at 3 times: 10:00 a.m., 10:35 a.m. and 11:10 a.m.**
- Maximum enrollment is 5 students per class per instructor with up to 2 classes per level at each time period. Class size minimum is 3 enrollees. If we do not have enough students to run a given class level we reserve the right to combine that with a similar level class in order to provide the opportunity for instruction for the participants.
- Minimum age is 3 as of the 1st class day & participants **must** be toilet trained.
- Fees are paid at the time of registration and reserves enrollment in a class. You will be provided with assistance with proper class placement at the time of registration, if needed. You may contact Lori Ave, Head Lesson Instructor, at any point for help with class placement.

ON-LINE LESSON REGISTRATION

Register on-line directly through the Greater Columbus Swim School's site:

<https://www.teamunify.com/SwimLessons.jsp?team=ohgcst> or www.gcsto.com

Click on the [**LESSON REGISTRATION**](#) tab and following the directions there.

How To Place Your Child

The skills listed here are the skills that the participants will need to do to pass **out** of that class. As such, if your child can do all of the skills at a given level they should **not** take that class. Find the level where they can do some of the skills but not all of them (but can do all of the skills of the level before), and you have found the level in which your participant should be enrolled. We will subdivide classes by age whenever possible. Feel free to call our head instructor for assistance in selecting the proper class level.

Pre-School Classes

Pre-School 1 (for swimmers who have absolutely no prior experiences with water and/or children who are uncomfortable in the water and going underwater): Face Underwater, Blowing Bubbles, Bobs with Bubbles, Assisted Front Floats, Assisted Front Kicking (instructor holds the board), Assisted Back Floats, Assisted Back Kicking, Assisted Jump

Pre-School 2: Bobbing (5 bobs with bubbles), Front Float (5 seconds unassisted), Front Kicking (unassisted for 2 yards), Assisted Front Push Off, Freestyle Swimming (Introduction; 3 arm strokes unassisted), Back Float (unassisted 10 seconds), Back Kicking (unassisted for 2 yards), Assisted Back Push Off , Jumping in with Assistance to the Wall

Pre-School 3: Treading Water (unassisted for 10 seconds), Front Kicking with Board (unassisted for 12 yards), Front Push-Off (unassisted for 5 yards), Freestyle Swimming (introduce rhythmic breathing; unassisted swimming for 6 yards), Back Kicking with Board (unassisted for 12 yards), Back Push-Off (unassisted for 5 yards), Backstroke Swimming (unassisted for 6 yards), Jump and Return to the Wall (unassisted), Diving (sitting)

Pre-School 4: Treading Water (Unassisted for 30 seconds), Front Kicking with Board (unassisted for 25 yards), Freestyle Swimming (with rhythmic breathing to the side; unassisted for 12 yards), Backing Kicking with Board (unassisted for 25 yards), Backstroke Swimming (unassisted for 12 yards), Back Sculling (unassisted for 12 yards), Kneeling Dives, Breaststroke Kicking with Board (introduction; assisted for 12 yards), Backstroke Start (unassisted for 5 yards)

School-Age Classes

School-Age Beginner 1.1 (for swimmers who have absolutely no prior experiences with water and/or children who are uncomfortable in the water and going underwater): Face Underwater, Bobbing (with rhythmic breathing), Wall Rhythmic Breathing, Front Float (assisted), Front Kicking (assisted with a board), Back Float (assisted), Back Kicking (assisted with and without a board), Jumping In and Return to the Wall (assisted)

School-Age Beginner 1.2: Treading Water (unassisted for 10 seconds), Front Float (unassisted for 5 seconds), Front Kicking (unassisted with a board for 12 yards), Front Push-off (unassisted for 5 yards), Freestyle Swimming (unassisted for 6 yards), Back Float (unassisted for 10 seconds), Back Kicking (unassisted for 12 yards), Back Push-off (unassisted for 5 yards), Backstroke Swimming (unassisted for 6 yards), Jumping In and Return to the Wall (unassisted)

School-Age Beginner 2: Treading Water (30 seconds), Front Kicking with Board (25 yards), Freestyle Swimming (with rhythmic side breathing; 12 yards), Backing Kicking (25 yards), Backstroke Swimming (12 yards), Back Sculling (12 yards), Breaststroke Kicking with Board (assisted for 12 yards), Diving (sitting and kneeling), Backstroke Start (Introduction)

School-Age Beginner 3: Treading Water (60 seconds), Front Kicking with Board (50 yards), Freestyle Swimming (with rhythmic breathing to the side; 25 yards), Backing Kicking (50 yards), Backstroke Swimming (25 yards), Backstroke Start (5 yards), Back Sculling (25 yards), Breaststroke Kicking with Board (25 yards-unassisted), Breaststroke Pull (Introduction), Standing Dives

CANCELLATIONS

If a lesson is cancelled because of inclement weather we will email you with that notification. As well, we will use www.remind.com to send you a text message if you sign up for that option (note that instructions to do so will be emailed to you along with other session preparation instructions). We will also try to post a notice at the pool entrance if possible. You will be contacted with make-up day information (note that make up days are on Friday). Please note that this is only if we cancel the lesson, not if you miss a day for personal reasons. In the event that we absolutely cannot make up such a cancelled class, we will issue you a refund for that class day.

MAKE-UP POLICY

We allow make-ups for missed classes that result from the participant's inability to make it to a scheduled class within the session you are currently enrolled or the immediate session thereafter ***if availabilities exist at the participant's class level.*** Make-ups for missed classes that result from the participant's inability to make it to a scheduled class are not guaranteed. This make-up policy is simply a courtesy that we offer to try and help our participants replace their missed classes.

Scheduling these make-up classes is the responsibility of the family missing the class and must be arranged with the head instructor of the program. No "walk-in" make-ups are accepted for legal, logistic & liability reasons.

Make up requests must be sent by email to Bailey Fillmore at todl.2@buckeyemail.osu.edu and you must receive a confirmation from Bailey in order to attend the make-up class.

REFUNDS

Refunds for cancellations made prior to the construction of the class schedule each session will be issued, in full, less a \$10 service fee. ***No full or partial refunds will be issued for cancellations once the class schedule has been set up for that particular session.***

For More Information Contact: Bailey Fillmore/ GCSS CWMP Head Instructor

614-557-6053 todl.2@buckeyemail.osu.edu

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