“Greater Columbus Swim School”

2018 Swim Lesson Information - Plain Township Aquatic Center



Head Lesson Instructor: Lori Ave 614-557-6053 or [ave.lori119@gmail.com](mailto:ave.lori119@gmail.com)

###### GROUP LESSON COSTS: *Members:* $60.00/per session *Non-Members:* $70.00/per session

**PRIVATE LESSON COSTS:** $120 for the 4 X 30 minute classes total

**Insurance Fee:** $6 per summer/per participant (Paid in the first session in which you participate)

|  |  |  |  |
| --- | --- | --- | --- |
| **SESSIONS** | **DATES** | **LEVELS** | **TIMES** |
| Warm-Up Week | June 11-14 (M-Th) | Private Lessons, Only | 8:50, 9:25 & 10:00 a.m.\* |
| Session 1 | June 18-29 | Level 1, 2, 3 & 4 | 8:50, 9:25 & 10:00 a.m. |
| Session 2 | July 9-20 | Level 1, 2, 3 & 4 | 8:50, 9:25 & 10:00 a.m. |
| Session 3 | July 24-August 4 (T-F & M-Th) | Level 1, 2, 3 & 4 | 8:50, 9:25 & 10:00 a.m. |

* Sessions are 2 weeks & there are 8, 30 minute classes (normally Monday – Thursday) each session. Fridays are used as make-up days for previous cancellations. Lessons are taught by lifeguard certified instructors.
* Warm-Up (Private) Lesson Week: 3 slots are available at each time period but will first fill the 10:00 a.m. slots before opening up the 9:25 a.m. spots. Once those are filled we will the open up the 8:50 a.m. slots.
* Maximum of 5 children per class per instructor. Up to 2 classes per level at each time period. Class size minimum is 3 enrollees. Additional classes may be added by the Head Lesson Instructor.
* 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 in time for help with class placement.

##### LESSON REGISTRATION DATE INFORMATION (*Members have a 7-day advanced window to sign up for lessons. We ask that you be a member prior to the May 20, 2018 sign-up date to be eligible and to save time.)*

**Sunday, May 20, 2018:** From 11am – 2pm at the Aquatic Center for **Members Only.** Registration by a parent or guardian for their OWN child is finalized when correct payment (cash or check) and completed, unaltered and signed application is received. If classes are filled, we will make a list and try to accommodate those requests.

**Saturday, May 26, 2018:** From 11am – 7pm at the Aquatic Center for **Members & New Albany residents, only**. Registration by a parent or guardian for their OWN child is finalized when correct payment (cash or check) and completed, unaltered and signed application is received. If classes are filled, we will make a list and try to accommodate those requests.

**Sunday, May 27 - July 9, 2018:** During open hours at the Aquatic Center for **Non-MEMBERS & all others, on a first come, first serve basis**. Registration by a parent or guardian for their OWN child is finalized when correct payment (cash or check) and completed, unaltered and signed application is received. If classes are filled, we will make a list and try to accommodate those requests.

**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.

**PTAC’s Level 1 (GCSS’s Pre-School 1 & 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)***

*GCSS PS1:* 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

*GCSS SAB1.1:* 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)

**PTAC’s Level 2 (GCSS’s Pre-School 2 & School-Age Beginner 1.2)**

*GCSS PS2:* Bobbing (5 bobs with bubbles), Front Float (5 seconds unassisted), Front Kicking (unassisted for 2 yds), Assisted Front Push Off, Freestyle Swimming (Introduction; 3 arm strokes cycles unassisted), Back Float (unassisted 10 seconds), Back Kicking (unassisted for 2 yds), Assisted Back Push Off , Jumping in with Assistance to Wall

*GCSS SAB1.2:* Treading Water (unassisted for 10 seconds), Front Float (unassisted for 5 seconds), Front Kicking (unassisted with a board for 12 yds), Front Push-off (unassisted for 5 yds), Freestyle Swimming (unassisted for 6 yds), Back Float (unassisted for 10 seconds), Back Kicking (unassisted for 12 yds), Back Push-off (unassisted for 5 yds), Backstroke Swimming (unassisted for 6 yds), Jumping In and Return to the Wall (unassisted)

**PTAC’s Level 3 (GCSS’s Pre-School 3 & School-Age Beginner 2):**

*GCSS PS3:* Treading Water (unassisted for 10 seconds), Front Kicking with a Board (unassisted for 12 yds), Front Push-Off (unassisted for 5 yds), Freestyle Swimming (introduce rhythmic breathing; unassisted swimming for 6 yds), Back Kicking with a Board (unassisted for 12 yds), Back Push-Off (unassisted for 5 yds), Backstroke Swimming (unassisted for 6 yds), Jump and Return to the Wall (unassisted), Sitting Diving

*GCSS SAB2:* Treading Water (30 seconds), Front Kicking with Board (25 yds), Freestyle Swimming (with rhythmic side breathing; 12 yds), Backing Kicking (25 yds), Backstroke Swimming (12 yds), Back Sculling (12 yds), Breaststroke Kicking with a Board (assisted for 12 yds), Sitting & Kneeling Dives, Backstroke Start (Introduction)

**PTAC’s Level 4 (GCSS’s Pre-School 4 & School-Age Beginner 3):**

*GCSS PS4:* Treading Water (Unassisted for 30 seconds), Front Kicking with Board (unassisted for 25 yds), Freestyle Swimming (with rhythmic side breathing; unassisted for 12 yds), Backing Kicking with Board (unassisted for 25 yds), Backstroke Swimming (unassisted for 12 yds), Back Sculling (unassisted for 12 yds), Kneeling Dives, Breaststroke Kicking with a Board (introduction; assisted for 12 yds), Backstroke Start (unassisted for 5 yds)

*GCSS SAB3:* Treading Water (60 seconds), Front Kicking with Board (50 yds), Freestyle Swimming (with rhythmic side breathing; 25 yds), Backing Kicking (50 yds), Backstroke Swimming (25 yds), Backstroke Start (5 yds), Back Sculling (25 yds), Breaststroke Kicking with a Board (25 yds-unassisted), Breaststroke Pull (Introduction), Standing Dives, Dryland Skills: Planks & Introduction to Sit-ups

###### 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](http://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). You may also call 614-775-9430 or 614-855-7770 for information. We will also try to post a notice at the pool entrance and will post it on Facebook/Twitter. You will be contacted with make-up day information (note that make up days are on Friday). Please note that this is only if the Management Company cancels the lesson, not if you miss a day for personal reasons.

###### Refunds

* A full refund or a credit for another class will be issued in instances when the Management has cancelled a class and provides no make-up options. No refunds will be made to those missing any portion of a class or event due to vacation, personal schedule conflict or other non-emergency situations.
* A credit will be issued if the registrant needs to **re-schedule** for another class. This must be done at least a week prior to the start of the class. Refund requests must be made a week BEFORE the class begins and is subject to a $10.00 service fee. Requests received AFTER the class has begun, but prior to the second class will be subject to $10.00 service fee, plus the cost of the class already held ($7.50/Members $8.75 Non-Members). Refunds are discretionary and the Pool Manager must authorize all refund requests, prior to the Township Trustee’s approval.
* **No refunds will be issued after the 2nd day of lessons.**
* Please allow 4-6 weeks for refunds to be processed.
* Request for refunds due to unforeseen injury/illness will be taken into consideration on a case-by-case basis. All refunds are requested by Pool Manager & approved by the Township.

**NO REFUNDS**, except for a ***documented medical necessity***.



**For More Information Contact: Lori Ave/ GCSS PTAC Head Instructor**

**614-557-6053 or** [**ave.lori119@gmail.com**](mailto:ave.lori119@gmail.com)

**GCSS \* Attn: GCSS/PTAC \* P.O. Box 30483 \* Gahanna, OH 43230** [www.gcsto.com](http://www.gcsto.com) or <https://plaintownship.org/aquatic-center/184-2/>