“Greater Columbus Swim School”

2018 Swim Lesson Information – Southern Point Pool



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

###### GROUP LESSON COSTS: $70.00 per session PRIVATE LESSON COSTS: $210.00 per session

***Note: FOR MEMBERS ONLY. YOU MUST BE A MEMBER OF THE SOUTHERN POINT POOL TO SIGN UP FOR SWIM LESSONS***

|  |  |  |
| --- | --- | --- |
| ***Morning Sessions*** | ***Session Dates*** | ***Class Days (M-Th)*** |
| Session 1 | June 4–June 14 | June 4, 5, 6, 7, 11, 12, 13, 14 |
| Session 2 | June 18–June 28 | June 18, 19, 20, 21, 25, 26, 27, 28 |
| Session 3 | July 9-July 19 | July 9, 10, 11, 12, 16, 17, 18, 19 |

* It is our goal to offer a mixture of class levels each session at 3 times in the mornings (8:45 a.m. & 9:20 a.m.)
* Group lesson sessions are 2 weeks in length & there are 8 X 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.
* Maximum of 5 children per class per instructor in group lessons. 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 for help with class placement.

**ON-LINE LESSON REGISTRATION**

You can register on-line directly through the Greater Columbus Swim School’s site by going to: <https://www.teamunify.com/SwimLessons.jsp?team=ohgcst> or [www.gcsto.com](http://www.gcsto.com) and clicking 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

###### CLASS SCHEDULE CONSTRUCTION

###### Once we are completed with the payment processing we will build the class schedule. This normally occurs 4-5 days out from the start of a session and takes 1-2 days to do. Once completed, approximately 3 days prior to the start of classes, we will contact you to confirm your class dates, exact times & the name of your instructor. It will be an email confirmation and we will ask you to confirm receipt of your schedule at that time. This information will also be posted on the web ([www.gcsto.com](http://www.gcsto.com)). If you do not hear from us within 2 days prior to the start of the session please contact your head instructor immediately. NOTE: Those who had failed payments on line or incomplete payments through the mail will be given the opportunity to fulfill payment and/or paperwork obligations to then join classes at this time. This is dependent on whether or not space exists in our class schedule.

###### 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). 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**

For group lessons 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. Make-ups for private lessons are not done simply due to logistics. If a child taking a private lesson does happen to miss their private lesson class they are extended the same courtesy as group lesson participants in that they will be allowed to do a make-up class within a group class ***if availabilities exist at the participant’s class level but, again, the make-up will not be done as a private lesson.***

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 Lori Ave at** [**ave.lori119@gmail.com**](mailto:ave.lori119@gmail.com) **and you must receive a confirmation from Lori 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 refunds, full or partial, will be issued for cancellations once the class schedule has been set up for that particular session.***

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

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

**GCSS \* Attn: Lori Ave \* P.O. Box 30483 \***

**Gahanna, OH 43230**

[www.gcsto.com](http://www.gcsto.com)

