



Hunters Ridge Pool( HRP) 341 Harrow Blvd. 342.4269  
 Gahanna Swimming Pool: (GSP) 48 Parkland Dr. 342.4272  
 Dept. of Parks & Recreation: 200 S. Hamilton Rd. 342.4250

# 2014 CLINICS & PROGRAMS

Want to learn cool diving board moves or improve your skills for competition? Limited Space – register early!

Instructor: Jill Auer; for additional information please email [jillauer@gmail.com](mailto:jillauer@gmail.com)

*Register for Dive Clinics through the Department of Parks & Recreation.*

## Beginning Diving

For the first time or very young diver – learn the basics of diving! Learn hurdles, kick-outs, proper positions, water safety and dives in both front and directions. (This is not scuba diving – this is diving board diving).

Activity	Date	Time	Member	Non-Member	Location
380801A	May 31	10-11am	\$13	\$16	HRP
380801B	Jun 7	10-11am	\$13	\$16	GSP
380801C	Jun 28	10-11am	\$13	\$16	HRP
380801D	Jul 12	10-11am	\$13	\$16	GSP
380801E	Jul 26	10-11am	\$13	\$16	HRP
380801F	Aug 2	10-11am	\$13	\$16	GSP
380801G	Aug 16	10-11am	\$13	\$16	HRP

## Experienced Dive Clinics

Perfect for divers with lesson, summer league or club team experience. "Experienced" level divers should already know hurdle, pack press and front dive. Builds on skills and develops new inward and reverse dives and twists.

Activity	Date	Time	Member	Non-Member	Location
380802A	May 31	11am-12pm	\$13	\$16	HRP
380802B	Jun 7	11am-12pm	\$13	\$16	GSP
380802C	Jun 28	11am-12pm	\$13	\$16	HRP
380802D	Jul 12	11am-12pm	\$13	\$16	GSP
380802E	Jul 26	11am-12pm	\$13	\$16	HRP
380802F	Aug 2	11am-12pm	\$13	\$16	GSP
380802G	Aug 16	11am-12pm	\$13	\$16	HRP

## Columbus Scuba Programs

We are excited to partner with Columbus Scuba to bring some awesome classes at the Gahanna Swimming Pool! If you need to rent equipment, please contact Columbus Scuba. Already certified? Mention you are a Gahanna Resident for discounted courses and gear!

Register by emailing [info@columbuscuba.com](mailto:info@columbuscuba.com) or calling (614) 500-PADI  
 Learn more about programs by visiting [columbuscuba.com](http://columbuscuba.com)

Discover Scuba – Thursday Nights beginning at 6pm  
 June 5, June 26, July 10, July 24  
 \$35 per person per class, all equipment included  
 Payable in advance to Columbus Scuba

Interested in SCUBA diving, but not 100% sure if it is right for you? See what it is like to breathe underwater. Learn the basics and explore under the close supervision of one of our dive professionals. Great for individuals or groups.

## Lifeguard Classes

Interested in getting your Lifeguard Certification and being a lifeguard? Apply online @ [cityofgahannajobs.com](http://cityofgahannajobs.com) and then sign up for our class! Commit to work 20 or more hours a week and receive the class for the discounted rate of \$50.

Traditional Rate: \$200 pool members, \$250 non-members  
 Session #: 380401-A  
 Dates: May 12-18  
 Hours: Evenings Monday through Friday, Saturday day-time, (make-up time Sunday if necessary)

## Open Water Certification

Four academic and confined water training classes on consecutive Sunday Evenings, 5pm; July 13, 20, 27 and August 6 – open water dive scheduled separately (but included in price). \$375 payable in advance to Columbus Scuba.

\*Students will need to provide mask, fins, and snorkel. Columbus Scuba will provide discount coupons for students the first night of class to purchase mask, fins, and snorkel. Already have these items? Bring them to class!

Our most popular course! And at \$375, Columbus Scuba is the best value you'll find. This all-inclusive price includes materials, equipment, and checkout dives. (If you've found a lower advertised price, call Columbus Scuba and they'll help you with what to watch for). This class is 4 sessions at the pool and culminates with an offsite dive in open water to demonstrate what you've learned and is the final step in certification.

## Adult Lifeguard Classes

Age 21 or over and interested in working with us in the summers? Apply online @ [cityofgahannajobs.com](http://cityofgahannajobs.com) and then sign up for our class! Qualifying candidates may receive training for free. This class will be held evenings. Please apply for a lifeguard position immediately and contact the Department of Parks & Recreation for more information.

Session #: 380401-B  
 Dates: June 10, 12, 17, 18, 24 and 26. Traditional Rate: \$200 pool members, \$250 non-members

# 2014 TEAMS & PROGRAMS

## Summer League Teams

Refine swim strokes learned in lessons, work on competitive swimming skills and enjoy the friendly, supportive atmosphere of a recreational summer team! Comfortable with basic strokes and able to swim back and forth across the pool. Paperwork and payment must be received prior to participating in practice sessions. Check online for full details on suggested participant skill sets, mandatory family volunteer requirements, volunteer deposit amounts, outfitting requirements, practice times and meet locations/dates for each team.

### Info Meetings at Gahanna Golf Course Club House

220 Olde Ridenour Road on **Sunday, April 27**

**HRP Seahorses - 4:30-5:30pm**

**GSP Sea Lions - 6-7pm**

Learn how swim teams work, register for the team and secure your parent/guardian volunteer dates! Also, order team suits and apparel.

## SEA LIONS at GSP

Registration & questions to: ACE, Inc at 614-478-5445, [stevenye@sbcglobal.net](mailto:stevenye@sbcglobal.net)

Fees (by league rules, must be member of Gahanna Pools):

\$70 per child for swim OR dive team by May 1 (\$75 after May 1)

\$100/child for swim AND dive team by May 1 (\$105 after May 1)

Fees capped at \$190 per family by May 1 (\$200 after May 1)

Booster Club Fees – \$10 first child; \$8 second child; \$6 for each additional child (applicable to both, swimmers and divers).

All first time 2014 GCSTO program participants must pay \$10 insurance fee.

NOTE ON FEES: Sea Lions swimmers may be eligible for discounts on GSL or GCSTO team fees! Contact GCSTO head coach and GSL owner, Steve Nye, at [stevenye@sbcglobal.net](mailto:stevenye@sbcglobal.net) for more information.

Practice Schedule – Begins June 2 (subject to changes):

Swim team	Juniors (10 & under)	9:45-11am on M, Tu, W & F
	Seniors (11 & over)	9:45-11:45 am on M, Tu, W & F
Dive team	Juniors (10 & under)	11am-12pm on M, Tu, W & Th
	Seniors (11 and over)	12-1pm on M, Tu, W & Th
Open Option	All	7-8pm on Tu

Can't make all morning practices due to work schedules?

Contact Steve Nye for questions on evening training opportunities.

Meets: June 18, 25, July 1, 9, & 16

Dive Champs: July 18 & 19

Swim Champs: July 21 & 22

## SEAHORSES SWIM TEAM at HRP

Register through Gahanna Parks & Recreation

Activity: 380201A

Fees: \$75 Members                      \$90 Residents                      \$100 Non Residents.

Refundable Staffing Deposit: \$50 per family

Mandatory Family Mtg: Wed., May 28, 6:30pm (Youth come ready to swim)

Optional practice Thursday, May 29 5:30-7pm

Standard Practice Schedule: Starts June 2 (subject to changes):

Junior Varsity:	Monday, Tuesday & Thursday 10:00-10:50am
Varsity:	Monday, Tuesday & Thursday 8:45- 9:50am
All Team Practices:	Wednesday 9-10:15am;
	Tuesday, Thursday: 7-8pm

Meets: Wednesday nights throughout the season

Championships: July 17 and 18

## GCSTO Offerings

Registration & questions to: ACE, Inc at 614-478-5445, [stevenye@sbcglobal.net](mailto:stevenye@sbcglobal.net)

All first time 2014 GCSTO program participants must pay \$10 insurance fee.

More information also is available at [www.gcsto.com](http://www.gcsto.com).

## GCSTO Swim Team Tryouts

GCSTO, a member of USA Swimming, is looking for new athletes for its spring and summer season!

With over 20 athletes having competed in US Swimming Olympic Team Selection meets, GCSTO is the age group/senior program of the 2000 US Olympian and Gahanna Lincoln graduate, Amanda Adkins. The team has produced or trained 18 world ranked athletes, 2 Olympic team members, a Pan-American Games medal winner, a Pan-Pacific team member, 3 World Championship team members, 2 Olympic Festival team members, 3 NCAA champions and 2 members of American Record holding relay teams...more than all other age group teams in Central Ohio combined!

New swimmers are allowed a week with the team to see what it has to offer before deciding to commit.

Team screening dates:

Date	Day	Time	Location
Apr 7	Mon	5:45-7pm	Columbus Academy
Apr 8	Tue	5:45-7pm	St. Charles Preparatory School

Spring practices at Columbus Academy and St. Charles Preparatory School. You may come to either tryout regardless of which pool you are interested in.

Summer practices at GSP.

For more information, contact GCSTO coach Steve Nye at (614) 478-5445 or [stevenye@sbcglobal.net](mailto:stevenye@sbcglobal.net). More information also is available at [www.gcsto.com](http://www.gcsto.com).

## Spring Teen Fitness Program & Lifeguard Certification

GCSTO is offering a teen fitness program, their "Teen Swim-Fit" program, which operates on the east side of Columbus in the spring for participants age 12-17.

A one week trial period is available for new participants.

The team also offers lifeguard training classes starting in April to participants 15 years of age (by the end of the class) and older.

For more information on the teen fitness and/or lifeguard training programs, contact GCSTO instructor Erin Harris at (614) 582-2597 or [erinharris.gcsto@gmail.com](mailto:erinharris.gcsto@gmail.com). More information on all of these programs is also available at [www.gcsto.com](http://www.gcsto.com).

## Advanced Technique Stroke Analysis Camps

Register through GCSTO at 614-478-5445

\$41 per individual per camp

\$35 GCSTO team member rate

Activity	Date	Time
Fly Stroke	June 10	12:30-2:30 pm
Back Stroke	June 12	12:30-2:30 pm
Breast Stroke	June 17	12:30-2:30 pm
Free Stroke	June 19	12:30-2:30 pm
Start, Turn & Finish	June 20	12:30-2:30 pm
Fly Stroke	June 24	12:30-2:30 pm
Breast Stroke	June 26	12:30-2:30 pm
Back Stroke	June 27	12:30-2:30 pm
Free Stroke	July 1	12:30-2:30 pm
Start, Turn & Finish	July 7	12:30-2:30 pm