

## The Greater Columbus Swim School



### **- Hunter's Ridge Pool Location -**

**GCSS Head Instructor at Hunter's Ridge Pool – Erin Harris - 614-582-2597**

**PO Box 30483, Gahanna, OH 43230**

**erinharris.gcss@gmail.com**

#### Session Information

- 2-week Summer Weekday Sessions: Mondays, Tuesdays & Thursdays between 10:00 & 11:45 a.m. or evenings between 5:30 & 7:40 p.m.
- Pre- School Group Lessons Cost: \$56 for members or \$66 for non-members (30 minute classes)
- School-Age & Adult Group Lesson Cost: \$84 for members or \$99 for non-members (45 minute classes)

#### Session Schedule

- Private Lesson Session #1: June 4, 5 & 7, 2018. Cost is \$99 for these 3 X 30 minute classes.
- Weekday Summer Session #1 – June 11 to June 21, 2018
- Private Lesson Session #2: June 25, 26 & 28, 2018. Cost is \$99 for these 3 X 30 minute classes.
- Weekday Summer Session #2 – July 2 to July 12, 2018 (specialized schedule of July 2, 5, 9, 10, 11 & 12)
- Weekday Summer Session #3 – July 23 to August 2, 2018
- Summer Make-up Days: August 6 & 7, 2018 (at Hunter's Ridge). No cost as these are held just to help participants make up missed classes!

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#### Scheduling Information

Note that we do not firmly establish exact class times until all registrations are in so that we may coordinate our instructors, make adjustments for the actual number of participants & facilitate families with multiple participants into closely scheduled classes. This is done 1 week prior to the start of classes. As a general rule, we will hold the pre-school classes later and the school-age classes earlier during the morning hours. In the evening hours, this will be reversed. We reserve the rights to amend our class schedule based on the actual number of participants signed up for each level of class. We will e-mail you approximately 2-3 days prior to the start of classes to confirm your class dates, times and instructor. It will also be posted at this time at the pool and on our web-site at [www.gcsto.com](http://www.gcsto.com).

#### Registration Information

To determine which level your child should be in, please refer to the skills listed on the second page of this flyer. These are the skills the participants will need to do to pass that class, so if your swimmer can do all of the skills at a given level, then they should move on to the next level of classes (the level in which they cannot do all of the skills listed). If needed, call Erin Harris, GCSS's Gahanna Swimming Pool location program coordinator, at 614-582-2597 to verify which class your child should be enrolled in.

### **Registration Information Continued**

Registration may be done online at [www.gcsto.com](http://www.gcsto.com) by clicking on the LESSON REGISTRATION tab there on the right. If you cannot register online and want to register with a check and hard copy application you may do so. The cost for manual registration is only an additional \$5. Registrations and checks may be left at the pool office in the SWIMMING LESSON file box or can be mailed to PO Box 30483, Gahanna, OH 43230 so that they arrive within 9 days before the start of each session. If you have not taken swimming lessons with us since September of 2017 please make sure you include the \$20 Annual Registration Fee (ARF) and, if you are registering manually, the \$5 manual registration fee. Your ARF includes the cost of your swimmer's insurance registration with us and the cost of a program T-shirt. **If registering manually, on a note attached to the check, include ALL of the following information:** Pool location, session starting date, name of the class for which you are registering, your first and second preference for times of classes (morning, afternoon or weekend), your child's name and age and YOUR TELEPHONE NUMBER. Mail-in registration cut-off date is 9 days prior to the start of each session. **Registrations will not be accepted without full payment for the class(es).**

### **Class Descriptions**

#### **Bronze Bear Level**

**Parent-Tot** (*all swimmers under 2 must register for this level*) – 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 **NOTE:** For Parent-Tot swimmers to be able to pass into Preschool 1 the swimmer must be comfortable working with an instructor without mom or dad.

**Preschool 1** – 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

**Preschool 2** – 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

**Preschool 3** – 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

**Preschool 4** (*swimmers passing Preschool 4 will move to SA-Beginner 3*) – 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)

#### **Silver Bear Level**

**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** (*for swimmers who are comfortable in the water and going under-water, but still need to develop techniques for becoming independent in the water*) – 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)

**School-Age Beginner 2** – 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), Dryland Skill: Plank

**School-Age Beginner 3** – 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

**Golden Bear Level (note that all school-age classes will involve 5-10 minutes of core strength development dry land work)**

**School-Age Intermediate 1** – Competitive Front Push-Offs (underwater for 4 yds), Freestyle Finish, Freestyle Swimming Refinement, Freestyle Kick 6 Drill (25 yds), Competitive Back Push-Offs (underwater for 5 yds), Backstroke Finish, Backstroke Swimming Refinement, Backstroke Kick 6 Drill (25 yds), Breaststroke Kicking (50 yds), Breaststroke Swimming (25 yds), Butterfly Kicking (25 yds), Front Spring Dives, In-water Somersaults, Dryland Skills: Planks & Sit-ups

**School-Age Intermediate 2** – Competitive Front Push-Offs (underwater; 6 yds), Freestyle Swimming (continued stroke refinement), Freestyle Kick 6 Drill (50 yds), Freestyle Flip Turn, Competitive Back Push-Offs (underwater; 6 yds), Backstroke (continued stroke refinement), Backstroke Kick 6 Drill (50 yds), Backstroke Flip Turn, Breaststroke Pull- Out, Breaststroke Swimming (50 yds), Butterfly Kicking (50 yds), Butterfly Pull (Introduction)

**School-Age Advanced** – Freestyle Race Refinement , Backstroke Race Refinement, Breaststroke/Butterfly Turns, Breaststroke/Butterfly Finishes, Breaststroke Race Refinement, Butterfly Swimming (25 yds), Competitive Butterfly Push-Offs (underwater 6 yds), Butterfly Race Refinement (25 yds), 100 yard IM, Racing Dive (with streamline for 6 yds)

**Important Policies**

- 1 - Full payment (in cash, check or money order) is to be rendered by the first day of class. There is a \$15 fee for returned checks. Applications are to be filled out the first day of class for those new to the GCSS program.
- 2 - Refunds for cancellations 1 week prior to the start of classes will be issued. No refunds will be issued for cancellations after this point in time if it would mean that we would have to cancel the class.
- 3 - Individuals on baby-sitting passes are not considered members. They must pay the non-member price.
- 4 - Participants missing a class may register for our August 6 & 7 make-up days or may contact Erin Harris if they cannot attend those make-up days and wish to try to schedule a make-up class. No refunds are issued for missed classes.
- 5 - In accordance with insurance regulations, during morning classes, no non-participant is permitted to be on deck during the course of lessons. All spectators are to remain in the concession area during classes. Participants may be walked to and from class in the case of late arrival, early departure or bathroom needs but then their escort must then return to the concession stand area.
- 6 - There is no open swimming for participants and/or their parents, babysitters, siblings, friends and relatives prior to, during or after program operations in any pool in which we operate.
- 7 - Park in designated lots, only. No parking in any fire lanes or service roads at any of our facilities.
- 8 - A minimum of 3 participants is needed in order for a class to be offered. No more than 4 participants shall be in any pre-school or school age beginner 1 class and no more than 5 participants shall be in any other school-age class.
- 9 - Swimsuits are required. No cut-off pants are allowed. Caps and goggles are optional.
- 10 - Individuals not abiding by these policies will be removed from our program immediately. No refunds will be issued in such circumstances.



**GCSTO**  
GREATER COLUMBUS SWIM TEAM OF OHIO

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