

Columbia Swim Center Session 4 Spring 2012

Registration Deadlines

Lesson fees are not prorated if you miss the first class due to late sign-up.
 Schedule and instructor may be subject to change without notice.

Members	Saturday, January 21 • 7am
Non-Members	Saturday, January 28 • 7am
Registrations End	Sunday, February 26 • 4pm
Classes Begin	Monday, February 20
Classes End	Sunday, April 1

Prices for 6 Lessons

Once a Week/Private Lesson

MA.....	\$80
Members	\$98
CA Resident	\$135
Non-Member	\$165

Private Swimming Lessons Ages 3yrs and Up

Tailored to each individual, based on age and goals. These lessons are available in 10 minute increments.

Code Day Time Instructor

1	Tue	6:30pm	G. Nuttle
2	Tue	6:30pm	G. Vial
3	Tue	6:30pm	B. Seldon
1	Tue	6:40pm	G. Nuttle
2	Tue	6:40pm	G. Vial
3	Tue	6:40pm	B. Seldon
1	Tue	6:50pm	G. Nuttle
2	Tue	6:50pm	G. Vial
3	Tue	6:50pm	B. Seldon
4	Tue	7pm	A. Johnson
5	Tue	7pm	T. Stewart
2	Tue	7pm	G. Vial
4	Tue	7:10pm	A. Johnson
5	Tue	7:10pm	T. Stewart
2	Tue	7:10pm	G. Vial
4	Tue	7:20pm	A. Johnson
5	Tue	7:20pm	T. Stewart
2	Tue	7:20pm	G. Vial
4	Tue	7:30pm	A. Johnson
5	Tue	7:30pm	T. Stewart
4	Tue	7:40pm	A. Johnson
5	Tue	7:40pm	T. Stewart
4	Tue	7:50pm	A. Johnson
5	Tue	7:50pm	T. Stewart
6	Thu	6:30pm	G. Vial
7	Thu	6:30pm	T. Stewart
6	Thu	6:40pm	G. Vial
7	Thu	6:40pm	T. Stewart
6	Thu	6:50pm	G. Vial
7	Thu	6:50pm	T. Stewart
6	Thu	7:00pm	G. Vial
8	Thu	7:00pm	D. Caha
6	Thu	7:10pm	G. Vial
8	Thu	7:10pm	D. Caha
6	Thu	7:20pm	G. Vial
8	Thu	7:20pm	D. Caha
9	Thu	7:30pm	S. Adams
7	Thu	7:30pm	T. Stewart
9	Thu	7:40pm	S. Adams
7	Thu	7:40pm	T. Stewart
9	Thu	7:50pm	S. Adams
7	Thu	7:50pm	T. Stewart
10	Sat	9am	S. Adams

Code Day Time Instructor

11	Sat	9am	M. Lottes
12	Sat	9am	D. Caha
10	Sat	9:10am	S. Adams
11	Sat	9:10am	M. Lottes
12	Sat	9:10am	D. Caha
10	Sat	9:20am	S. Adams
11	Sat	9:20am	M. Lottes
12	Sat	9:20am	D. Caha
10	Sat	9:30am	S. Adams
11	Sat	9:30am	M. Lottes
14	Sat	9:30am	S. Klement
10	Sat	9:40am	S. Adams
11	Sat	9:40am	M. Lottes
14	Sat	9:40am	S. Klement
11	Sat	9:50am	M. Lottes
14	Sat	9:50am	S. Klement
12	Sat	10am	D. Caha
13	Sat	10am	R. Holden
14	Sat	10am	S. Klement
11	Sat	10am	M. Lottes
15	Sat	10am	M. Marlow
12	Sat	10:10am	D. Caha
13	Sat	10:10am	R. Holden
14	Sat	10:10am	S. Klement
11	Sat	10:10am	M. Lottes
15	Sat	10:10am	M. Marlow
12	Sat	10:20am	D. Caha
13	Sat	10:20am	R. Holden
14	Sat	10:20am	S. Klement
11	Sat	10:20am	M. Lottes
15	Sat	10:20am	M. Marlow
14	Sat	10:30am	S. Klement
11	Sat	10:30am	M. Lottes
15	Sat	10:30am	M. Marlow
16	Sat	10:30am	C. Sims
14	Sat	10:40am	S. Klement
11	Sat	10:40am	M. Lottes
15	Sat	10:40am	M. Marlow
16	Sat	10:40am	C. Sims
14	Sat	10:50am	S. Klement
11	Sat	10:50am	M. Lottes
15	Sat	10:50am	M. Marlow
16	Sat	10:50am	C. Sims

Code Day Time Instructor

12	Sat	11am	D. Caha
13	Sat	11am	R. Holden
11	Sat	11am	M. Lottes
12	Sat	11:10am	D. Caha
13	Sat	11:10am	R. Holden
11	Sat	11:10am	M. Lottes
12	Sat	11:20am	D. Caha
13	Sat	11:20am	R. Holden
11	Sat	11:20am	M. Lottes
14	Sat	11:30am	S. Klement
11	Sat	11:30am	M. Lottes
16	Sat	11:30am	C. Sims
14	Sat	11:40am	S. Klement
11	Sat	11:40am	M. Lottes
16	Sat	11:40am	C. Sims
14	Sat	11:50am	S. Klement
11	Sat	11:50am	M. Lottes
16	Sat	11:50am	C. Sims
12	Sat	12pm	D. Caha
14	Sat	12pm	S. Klement
11	Sat	12pm	M. Lottes
16	Sat	12pm	C. Sims
12	Sat	12:10pm	D. Caha
14	Sat	12:10pm	S. Klement
11	Sat	12:10pm	M. Lottes
16	Sat	12:10pm	C. Sims
12	Sat	12:20pm	D. Caha
14	Sat	12:10pm	S. Klement
11	Sat	12:20pm	M. Lottes
16	Sat	12:20pm	C. Sims
12	Sat	12:30pm	D. Caha
13	Sat	12:30pm	R. Holden
11	Sat	12:30pm	M. Lottes
16	Sat	12:30pm	C. Sims
12	Sat	12:40pm	D. Caha
14	Sat	12:40pm	R. Holden
11	Sat	12:40pm	M. Lottes
16	Sat	12:40pm	C. Sims
12	Sat	12:50pm	D. Caha
14	Sat	12:50pm	R. Holden
11	Sat	12:50pm	M. Lottes
16	Sat	12:50pm	C. Sims

Columbia Swim Center General Lesson Information

Prices for 6 Lessons Once a Week/Group Lesson

MA.....	\$62
Club Members	\$71
CA Resident	\$101
Non-Member	\$120

Class Descriptions

► Waterbabies Ages 6-36 Months

Parent participation is required and is an integral part of this learning experience. Emphasis in this 30-minute class is on water adjustment through group interactions and individual attention.

Code	Day	Time	Spots Available
17	Thu	6:30pm	8 pairs
18	Sat	9am	8 pairs

► Pre-School & Parent Ages 3-5yrs

For those children who are not yet ready to be in the water without a parent/caregiver. Parent/caregiver participation is required and is an integral part of this learning experience. Goals in this 30-minute class include: water adjustment, front and back floating and the ability to swim a distance on the front and back.

Code	Day	Time	Spots Available
19	Thu	7pm	8 pairs
20	Sat	9:30am	8 pairs

► Pre-School Level 1 Ages 3-5yrs

For those children who are ready to be in a group setting without a parent/caregiver. Students must have an ability to follow directions and a willingness to take directions from an instructor. Goals in this 30 minute class include: front and back floating, and the ability to swim a coordinated stroke on the front and back.

Code	Day	Time	Spots Available
21	Tue	6:30pm	8
22	Tue	7pm	4
23	Tue	7:30pm	4
24	Thu	6:30pm	4
25	Thu	7pm	4
26	Thu	7:30pm	4
27	Sat	9am	8
28	Sat	9:30am	8
29	Sat	10am	4
30	Sat	10:30am	4
31	Sat	11am	4
32	Sat	11:30am	4
33	Sat	12pm	4

► School Age Level 1 Ages 5-12yrs

For those children who are not yet able to confidently swim 20 yards of both the front crawl and elementary backstroke. Goals in this 30-minute class include: water adjustment, front and back floating, and the ability to swim a coordinated stroke on the front and back. This class will include a significant amount of time spent in deep water.

Code	Day	Time	Spots Available
34	Tue	7pm	6
35	Tue	7:30pm	6
36	Thu	7:30pm	6
37	Sat	10am	6
38	Sat	10:30am	6
39	Sat	11am	6
40	Sat	11:30am	6

► School Age Level 2 Ages 5-12yrs

For those children who are able to swim a minimum of 20 yards of both the front crawl and elementary backstroke. Goals in this 30-minute class include: introduction to backstroke breaststroke, butterfly and diving. This class will include a significant amount of time spent in deep water.

Code	Day	Time	Spots Available
41	Tue	7:30pm	6
42	Thu	8pm	6
43	Sat	10:30am	6
44	Sat	11am	6
45	Sat	11:30am	6
46	Sat	12:30pm	6

► Stroke Clinic Ages 6-14yrs

For those who can demonstrate an ability to swim a minimum of 50 yards of each of the following strokes: freestyle, backstroke, breaststroke, as well as a familiarity of butterfly. Goals in this 45-minute class include: starts and turns, stroke improvement and endurance.

Code	Day	Time	Age	Spots
47	Sat	10am	6-10y	30
48	Sat	10:45am	6-10y	30
49	Sat	11:30am	11-14y	30

► Adult Stroke Clinic Ages 13yrs +

This 30-minute class is geared toward the true beginner as well as the adult who wishes to improve stroke technique.

Code	Day	Time	Spots Available
50	Tue	8pm	8
51	Thu	8pm	8

Regina's Lessons

Back for yet another season, our long-tenured instructor, **Regina Smutz**, will be sharing her creative style of teaching. Length of classes will be 15-minutes.

6 Class Price Once a Week with Regina

MA	\$77
Members	\$86
CA Resident	\$116
Non-Members	\$135

Code Day Time Spots Available

52	Mon	4pm	3
53	Mon	4:15pm	3
54	Mon	4:30pm	3
55	Mon	4:45pm	3
56	Mon	6:30pm	3
57	Mon	6:45pm	3
58	Mon	7pm	3
59	Mon	7:15pm	3
60	Wed	3:30pm	3
61	Wed	3:45pm	3
62	Wed	4pm	3
63	Wed	4:15pm	3
64	Wed	4:30pm	3
65	Wed	4:45pm	3
66	Thu	6:30pm	3
67	Thu	6:45pm	3
68	Thu	7pm	3
69	Thu	7:15pm	3
70	Thu	7:30pm	3
71	Thu	7:45pm	3
72	Fri	7pm	3
73	Fri	7:15pm	3
74	Fri	7:30pm	3
75	Fri	7:45pm	3
76	Sat	10:00am	3
77	Sat	10:15am	3
78	Sat	10:30am	3
79	Sat	10:45am	3
80	Sat	11am	3
81	Sat	11:15am	3
82	Sat	11:30am	3
83	Sat	11:45am	3

► Jr Lifeguard Program Ages 11-14yrs

\$50, includes cost of course and t-shirt. Junior Lifeguarding students receive instruction in water safety, public relations, facility operations, water exercise, teamwork, leadership skills, basic work skills, lifeguarding skills, first aid and CPR.

Code Day Time

JRGD	Tue	7:30-8:30pm
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Registration Deadlines

Lesson fees are not prorated if you miss the first class due to late sign-up.
Schedule and instructor may be subject to change without notice.

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Non-Members	Saturday, January 28 • 7am
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Classes End	Sunday, April 1

Prices for 6 Lessons Once a Week/Private Lesson

MA	\$80
Club Members	\$98
CA Resident	\$135
Non-Member	\$165

Private Swimming Lessons Ages 3yrs and Up

Tailored to each individual, based on age and goals. These lessons are available in 10 minute increments.

Code Day Time Instructor

84	Mon	6:30pm	TBA
85	Mon	6:30pm	A. Johnson
86	Mon	6:30pm	J. Zakel
84	Mon	6:40pm	TBA
85	Mon	6:40pm	A. Johnson
86	Mon	6:40pm	J. Zakel
84	Mon	6:50pm	TBA
85	Mon	6:50pm	A. Johnson
86	Mon	6:50pm	J. Zakel
87	Mon	7pm	A. Koslowski
88	Mon	7pm	C. Sims
89	Mon	7pm	G. Vial
86	Mon	7pm	J. Zakel
87	Mon	7:10pm	A. Koslowski
88	Mon	7:10pm	C. Sims
89	Mon	7:10pm	G. Vial
86	Mon	7:10pm	J. Zakel
87	Mon	7:20pm	A. Koslowski
88	Mon	7:20pm	C. Sims
89	Mon	7:20pm	G. Vial
86	Mon	7:20pm	J. Zakel
85	Mon	7:30pm	A. Johnson
89	Mon	7:30pm	G. Vial
86	Mon	7:30pm	J. Zakel
85	Mon	7:40pm	A. Johnson
89	Mon	7:40pm	G. Vial
86	Mon	7:40pm	J. Zakel
85	Mon	7:50pm	A. Johnson
89	Mon	7:50pm	G. Vial
86	Mon	7:50pm	J. Zakel

Code Day Time Instructor

88	Mon	8pm	A. Johnson
88	Mon	8:10pm	A. Johnson
88	Mon	8:20pm	A. Johnson
90	Wed	6:30pm	A. Koslowski
91	Wed	6:30pm	D. Hennemann
92	Wed	6:30pm	G. Vial
90	Wed	6:40pm	A. Koslowski
91	Wed	6:40pm	D. Hennemann
92	Wed	6:40pm	G. Vial
90	Wed	6:50pm	A. Koslowski
91	Wed	6:50pm	D. Hennemann
92	Wed	6:50pm	G. Vial
93	Wed	7pm	R. Holden
91	Wed	7pm	D. Hennemann
92	Wed	7pm	G. Vial
93	Wed	7:10pm	R. Holden
91	Wed	7:10pm	D. Hennemann
92	Wed	7:10pm	G. Vial
93	Wed	7:20pm	R. Holden
91	Wed	7:20pm	D. Hennemann
92	Wed	7:20pm	G. Vial
90	Wed	7:30pm	A. Koslowski
94	Wed	7:30pm	C. Sims
95	Wed	7:30pm	L. Tuttle
90	Wed	7:40pm	A. Koslowski
94	Wed	7:40pm	C. Sims
95	Wed	7:40pm	L. Tuttle
90	Wed	7:50pm	A. Koslowski
94	Wed	7:50pm	C. Sims
95	Wed	7:50pm	L. Tuttle

Code Day Time Instructor

90	Wed	8pm	A. Koslowski
93	Wed	8pm	R. Holden
94	Wed	8pm	C. Sims
90	Wed	8:10pm	A. Koslowski
93	Wed	8:10pm	R. Holden
94	Wed	8:10pm	C. Sims
90	Wed	8:20pm	A. Koslowski
93	Wed	8:20pm	R. Holden
94	Wed	8:20pm	C. Sims
96	Sun	11am	R. Holden
97	Sun	11am	D. Halstead
96	Sun	11:10am	R. Holden
97	Sun	11:10am	D. Halstead
96	Sun	11:20am	R. Holden
97	Sun	11:20am	D. Halstead
98	Sun	11:30am	G. Vial
99	Sun	11:30am	TBA
98	Sun	11:40am	G. Vial
99	Sun	11:40am	TBA
98	Sun	11:50am	G. Vial
99	Sun	11:50am	TBA
96	Sun	12pm	R. Holden
99	Sun	12pm	TBA
96	Sun	12:10pm	R. Holden
99	Sun	12:10pm	TBA
96	Sun	12:20pm	R. Holden
99	Sun	12:20pm	TBA
101	Sun	12:30pm	TBA
101	Sun	12:40pm	TBA
101	Sun	12:50pm	TBA

Columbia Gym General Lesson Information

Prices for 6 Lessons

Once a Week/Group Lesson

MA.....	\$62
Club Members	\$71
CA Resident	\$101
Non-Member	\$120

Class Descriptions

► Waterbabies Ages 6-36 Months

Parent participation is required and is an integral part of this learning experience. Emphasis in this 30-minute class is on water adjustment through group interactions and individual attention.

Code	Day	Time	Spots Available
101	Sun	11am	8 pairs

► Pre-School & Parent Ages 3-5yrs

For those children who are not yet ready to be in the water without a parent/caregiver. Parent/caregiver participation is required and is an integral part of this learning experience. Goals in this 30-minute class include: water adjustment, front and back floating and the ability to swim a distance on the front and back.

Code	Day	Time	Spots Available
102	Sun	11:30am	8 pairs

► Pre-School Level 1 Ages 3-5yrs

For those children who are ready to be in a group setting without a parent/caregiver. Students must have an ability to follow directions and a willingness to take directions from an instructor. Goals in this 30 minute class include: front and back floating, and the ability to swim a coordinated stroke on the front and back.

Code	Day	Time	Spots Available
103	Mon	6:30pm	8
104	Mon	7pm	4
105	Mon	7:30pm	4
106	Wed	6:30pm	8
107	Wed	7pm	4
108	Wed	7:30pm	4
109	Sun	11am	4
110	Sun	11:30am	4
111	Sun	12pm	4
112	Sun	12:30pm	4

► School Age Level 1 Ages 5-12yrs

For those children who are not yet able to confidently swim 20 yards of both the front crawl and elementary backstroke. Goals in this 30-minute class include: water adjustment, front and back floating, and the ability to swim a coordinated stroke on the front and back.

Code	Day	Time	Spots Available
113	Mon	6:30pm	6
114	Mon	7pm	6
115	Mon	7:30pm	6
116	Wed	6:30pm	6
117	Wed	7pm	12
118	Wed	7:30pm	6
119	Sun	11:30am	6
120	Sun	12pm	6
121	Sun	12:30pm	6

► School Age Level 2 Ages 5-12yrs

For those children who are able to swim a minimum of 20 yards of both the front crawl and elementary backstroke. Goals in this 30-minute class include: introduction to backstroke breaststroke, butterfly and diving.

Code	Day	Time	Spots Available
122	Mon	7:30pm	6
123	Wed	7:30pm	6
124	Wed	8pm	6
125	Sun	11am	6
126	Sun	12:30pm	6

► Intermediate Stroke Technique Ages 6-14yrs

For those children who are able to swim a minimum of 25 yards of both freestyle and backstroke. Goals in this 30 minute class include: Stroke improvement and an introduction to breaststroke and butterfly.

Code	Day	Time	Spots Available
127	Mon	8pm	12
128	Wed	8pm	12
129	Sun	12pm	8
130	Sun	12:30pm	8

► Adult Stroke Clinic Ages 13yrs +

This 30-minute class is geared toward the true beginner as well as the adult who wishes to improve stroke technique.

Code	Day	Time	Spots Available
131	Mon	8pm	8

FYI

- **Next Swim Lesson Registration** will be held on **March 10, 2012.**

• Women's Only Swim Program Columbia Swim Center Program Pool

**Classes held on Tue/Thu
from 12:30-2pm**

**All Members, Free
CA Resident, \$16 per visit
Non-Mbr, \$25 per visit**

Women's-Only Swim program provides a setting where women can feel comfortable to exercise, recreate and take full advantage of our aquatics programs and facilities. Pool will be guarded by female lifeguards and the windows are covered for additional privacy.

• Columbia Swim Center Rental

Columbia Swim Center is available on Saturday evenings for your rental needs. For more information, call 410-730-7000. Dates are limited.

• Need goggles?

Stop by Columbia Swim Center to check out our variety of Speedo products, from goggles and caps, to pull buoys and paddles.

• Pool Parties

We will be offering flat water pool parties while SplashDown renovations are being completed. Call Columbia Swim Center for pricing, party details and availability.

• Junior Lifeguard Program 11-14yrs

Cost of course \$50, includes t-shirt

Junior Lifeguarding students receive instruction in water safety, public relations, facility operations, water exercise, teamwork, leadership skills, basic work skills, lifeguarding skills, first aid and CPR.

Contact Columbia Swim Center for more information.