



# Columbia Swim Center

## Swimming Lessons

### Session 1 Fall 2010

#### Registration

Members: Begins: Saturday, August 21st @ 7am  
 Non-Members: Begins: Saturday, August 28th @ 7am  
 Ends: Monday, September 13th @ 5pm  
**Classes Begin: Tuesday, September 7th**  
**Classes End: Monday, October 18th**

#### Prices for 6 Lessons Once A Week—Private

|   |
|---|
| PPP/PP Members<br>\$78.00                       |
| PP1/Club Members<br>\$96.00                     |
| CA Residents w/ CA Resident ID Card<br>\$132.00 |
| Non-Members<br>\$162.00                         |

\*Lesson fees are not prorated if you miss the first class due to late sign-up\*

*\*Schedule and Instructors may be subject to change without notice\**

#### One-on-One Swimming Lessons: Ages 3 and Up.

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

| CODE | DAY      | TIME  | INSTRUCTOR     | CODE | DAY      | TIME  | INSTRUCTOR       | CODE | DAY      | TIME   | INSTRUCTOR       |
|------|----------|-------|----------------|------|----------|-------|------------------|------|----------|--------|------------------|
| 1    | Tuesday  | 6:30p | H. Brittingham | 5    | Thursday | 6:50p | L. Carpenter     | 10   | Saturday | 9:40a  | A. Schwarzwalder |
| 1    | Tuesday  | 6:40p | H. Brittingham | 6    | Thursday | 6:50p | D. Rayner        | 11   | Saturday | 9:40a  | L. Carpenter     |
| 1    | Tuesday  | 6:50p | H. Brittingham | 6    | Thursday | 7:00p | D. Rayner        | 10   | Saturday | 9:50a  | A. Schwarzwalder |
| 2    | Tuesday  | 7:00p | L. Carpenter   | 7    | Thursday | 7:00p | H. Brittingham   | 11   | Saturday | 9:50a  | L. Carpenter     |
| 3    | Tuesday  | 7:00p | D. Rayner      | 6    | Thursday | 7:10p | D. Rayner        | 9    | Saturday | 10:00a | L. Smolla        |
| 2    | Tuesday  | 7:10p | L. Carpenter   | 7    | Thursday | 7:10p | H. Brittingham   | 12   | Saturday | 10:00a | M. Bolton        |
| 3    | Tuesday  | 7:10p | D. Rayner      | 6    | Thursday | 7:20p | D. Rayner        | 9    | Saturday | 10:10a | L. Smolla        |
| 2    | Tuesday  | 7:20p | L. Carpenter   | 7    | Thursday | 7:20p | H. Brittingham   | 12   | Saturday | 10:10a | M. Bolton        |
| 3    | Tuesday  | 7:20p | D. Rayner      | 5    | Thursday | 7:30p | L. Carpenter     | 9    | Saturday | 10:20a | L. Smolla        |
| 1    | Tuesday  | 7:30p | H. Brittingham | 8    | Thursday | 7:30p | M. Marlow        | 12   | Saturday | 10:20a | M. Bolton        |
| 4    | Tuesday  | 7:30p | M. Marlow      | 5    | Thursday | 7:40p | L. Carpenter     | 10   | Saturday | 10:30a | A. Schwarzwalder |
| 1    | Tuesday  | 7:40p | H. Brittingham | 8    | Thursday | 7:40p | M. Marlow        | 13   | Saturday | 10:30a | M. Lottes        |
| 4    | Tuesday  | 7:40p | M. Marlow      | 5    | Thursday | 7:50p | L. Carpenter     | 10   | Saturday | 10:40a | A. Schwarzwalder |
| 1    | Tuesday  | 7:50p | H. Brittingham | 8    | Thursday | 7:50p | M. Marlow        | 13   | Saturday | 10:40a | M. Lottes        |
| 4    | Tuesday  | 7:50p | M. Marlow      | 5    | Thursday | 8:00p | L. Carpenter     | 10   | Saturday | 10:50a | A. Schwarzwalder |
| 3    | Tuesday  | 8:00p | D. Rayner      | 5    | Thursday | 8:10p | L. Carpenter     | 13   | Saturday | 10:50a | M. Lottes        |
| 3    | Tuesday  | 8:10p | D. Rayner      | 5    | Thursday | 8:20p | L. Carpenter     | 9    | Saturday | 11:00a | L. Smolla        |
| 3    | Tuesday  | 8:20p | D. Rayner      | 9    | Saturday | 9:00a | L. Smolla        | 13   | Saturday | 11:00a | M. Lottes        |
| 5    | Thursday | 6:30p | L. Carpenter   | 9    | Saturday | 9:10a | L. Smolla        | 9    | Saturday | 11:10a | L. Smolla        |
| 6    | Thursday | 6:30p | D. Rayner      | 9    | Saturday | 9:20a | L. Smolla        | 13   | Saturday | 11:10a | M. Lottes        |
| 5    | Thursday | 6:40p | L. Carpenter   | 10   | Saturday | 9:30a | A. Schwarzwalder | 9    | Saturday | 11:20a | L. Smolla        |
| 6    | Thursday | 6:40p | D. Rayner      | 11   | Saturday | 9:30a | L. Carpenter     | 13   | Saturday | 11:20a | M. Lottes        |

# Columbia Swim Center

## Prices for 6 Classes Once A Week—Group

PPP/PP Members  
\$60.00

PP1/Club Members  
\$69.00

CA Residents w/ CA Resident ID Card  
\$99.00

Non-Members  
\$117.00

### 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 |
|------|-------|-------|-------|
| 14   | Tues  | 6:30p | 8     |
| 15   | Thurs | 6:30p | 8     |
| 16   | Sat   | 9:00a | 8     |

### Preschool + Parent: Ages 3-5 years

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 |
|------|-------|-------|-------|
| 17   | Tues  | 7:00p | 8     |
| 18   | Thurs | 7:00p | 8     |
| 19   | Sat   | 9:30a | 8     |

### Preschool Level 1: Ages 3-5 years

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 |
|------|-------|--------|-------|
| 20   | Tues  | 6:30p  | 8     |
| 21   | Tues  | 7:00p  | 4     |
| 22   | Thurs | 6:30p  | 4     |
| 23   | Thurs | 7:00p  | 4     |
| 24   | Sat   | 9:00a  | 8     |
| 25   | Sat   | 9:30a  | 4     |
| 26   | Sat   | 10:00a | 4     |
| 27   | Sat   | 10:30a | 4     |

### School Age Level 1: Ages 6-10 years

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 |
|------|-------|--------|-------|
| 28   | Tues  | 7:30p  | 6     |
| 29   | Tues  | 8:00p  | 6     |
| 30   | Thurs | 7:30p  | 12    |
| 31   | Sat   | 10:00a | 12    |
| 32   | Sat   | 10:30a | 6     |

### School Age Level 2: Ages 6-10 years

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 of Backstroke, Breaststroke, Sidestroke, Butterfly, and Diving. This class will include a significant amount of time spent in deep water.

| CODE | DAY | TIME   | Spots |
|------|-----|--------|-------|
| 33   | Tue | 7:30p  | 6     |
| 34   | Tue | 8:00p  | 6     |
| 35   | Thu | 8:00p  | 6     |
| 36   | Sat | 10:30a | 6     |
| 37   | Sat | 11:00a | 6     |

### Stroke Clinic: Ages 6-14 years

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 basic familiarity of Butterfly. Goals in this 45 minute class include: Starts and Turns, Stroke Improvement, and Endurance.

| CODE | AGE    | DAY | TIME   | Spots |
|------|--------|-----|--------|-------|
| 38   | 6-10y  | Sat | 9:00a  | 30    |
| 39   | 6-10y  | Sat | 9:45a  | 30    |
| 40   | 11-14y | Sat | 10:30a | 30    |

### Adult: Ages 14 and up

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 |
|------|-------|-------|-------|
| 41   | Tues  | 8:00p | 6     |
| 42   | Thurs | 8:00p | 12    |

## Regina's Lessons

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

### Prices for 6 Classes Once A Week—Regina

PPP/PP Members  
\$75.00

PP1/Club Members  
\$84.00

CA Residents w/ CA Resident ID Card  
\$114.00

Non-Members  
\$132.00

| CODE | DAY   | TIME   | # of Spots |
|------|-------|--------|------------|
| 43   | Mon   | 1:00p  | 3          |
| 44   | Mon   | 1:15p  | 3          |
| 45   | Mon   | 1:30p  | 3          |
| 46   | Mon   | 1:45p  | 3          |
| 47   | Mon   | 2:00p  | 3          |
| 48   | Mon   | 2:15p  | 3          |
| 49   | Mon   | 3:30p  | 3          |
| 50   | Mon   | 3:45p  | 3          |
| 51   | Mon   | 4:00p  | 3          |
| 52   | Mon   | 4:15p  | 3          |
| 53   | Tues  | 1:00p  | 3          |
| 54   | Tues  | 1:15p  | 3          |
| 55   | Tues  | 1:30p  | 3          |
| 56   | Tues  | 1:45p  | 3          |
| 57   | Tues  | 2:00p  | 3          |
| 58   | Tues  | 2:15p  | 3          |
| 59   | Thurs | 6:30p  | 3          |
| 60   | Thurs | 6:45p  | 3          |
| 61   | Thurs | 7:00p  | 3          |
| 62   | Thurs | 7:15p  | 3          |
| 63   | Thurs | 7:30p  | 3          |
| 64   | Thurs | 7:45p  | 3          |
| 65   | Fri   | 6:30p  | 3          |
| 66   | Fri   | 6:45p  | 3          |
| 67   | Fri   | 7:00p  | 3          |
| 68   | Fri   | 7:15p  | 3          |
| 69   | Sat   | 9:30a  | 3          |
| 70   | Sat   | 9:45a  | 3          |
| 71   | Sat   | 10:00a | 3          |
| 72   | Sat   | 10:15a | 3          |



# Columbia Gym

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### Session 1 Fall 2010

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#### One-on-One Swimming Lessons: Ages 3 and Up.

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

| CODE | DAY       | TIME  | INSTRUCTOR | CODE | DAY       | TIME   | INSTRUCTOR       | CODE | DAY    | TIME   | INSTRUCTOR        |
|------|-----------|-------|------------|------|-----------|--------|------------------|------|--------|--------|-------------------|
| 73   | Monday    | 6:30p | T. Hanson  | 76   | Wednesday | 6:40p  | T. Hanson        | 79   | Sunday | 11:20a | K. Levi-Goerlich  |
| 73   | Monday    | 6:40p | T. Hanson  | 76   | Wednesday | 6:50p  | T. Hanson        | 80   | Sunday | 11:30a | J. Allen          |
| 73   | Monday    | 6:50p | T. Hanson  | 77   | Wednesday | 7:00p  | B. Seldon        | 81   | Sunday | 11:30a | A. Schwarzwaldner |
| 74   | Monday    | 7:00p | L. Smolla  | 78   | Wednesday | 7:00p  | M. Bolton        | 80   | Sunday | 11:40a | J. Allen          |
| 75   | Monday    | 7:00p | M. Bolton  | 77   | Wednesday | 7:10p  | B. Seldon        | 81   | Sunday | 11:40a | A. Schwarzwaldner |
| 74   | Monday    | 7:10p | L. Smolla  | 78   | Wednesday | 7:10p  | M. Bolton        | 80   | Sunday | 11:50a | J. Allen          |
| 75   | Monday    | 7:10p | M. Bolton  | 77   | Wednesday | 7:20p  | B. Seldon        | 81   | Sunday | 11:50a | A. Schwarzwaldner |
| 74   | Monday    | 7:20p | L. Smolla  | 78   | Wednesday | 7:20p  | M. Bolton        | 79   | Sunday | 12:00p | K. Levi-Goerlich  |
| 75   | Monday    | 7:20p | M. Bolton  | 76   | Wednesday | 7:30p  | T. Hanson        | 82   | Sunday | 12:00p | B. Seldon         |
| 73   | Monday    | 7:30p | T. Hanson  | 78   | Wednesday | 7:30p  | M. Bolton        | 79   | Sunday | 12:10p | K. Levi-Goerlich  |
| 75   | Monday    | 7:30p | M. Bolton  | 76   | Wednesday | 7:40p  | T. Hanson        | 82   | Sunday | 12:10p | B. Seldon         |
| 73   | Monday    | 7:40p | T. Hanson  | 78   | Wednesday | 7:40p  | M. Bolton        | 79   | Sunday | 12:20p | K. Levi-Goerlich  |
| 75   | Monday    | 7:40p | M. Bolton  | 76   | Wednesday | 7:50p  | T. Hanson        | 82   | Sunday | 12:20p | B. Seldon         |
| 73   | Monday    | 7:50p | T. Hanson  | 78   | Wednesday | 7:50p  | M. Bolton        | 81   | Sunday | 12:30p | A. Schwarzwaldner |
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| 75   | Monday    | 8:10p | M. Bolton  | 78   | Wednesday | 8:20p  | M. Bolton        | 82   | Sunday | 12:40p | B. Seldon         |
| 75   | Monday    | 8:20p | M. Bolton  | 79   | Sunday    | 11:00a | K. Levi-Goerlich | 81   | Sunday | 12:50p | A. Schwarzwaldner |
| 76   | Wednesday | 6:30p | T. Hanson  | 79   | Sunday    | 11:10a | K. Levi-Goerlich | 82   | Sunday | 12:50p | B. Seldon         |

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### 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 |
|------|-----|-------|-------|
| 83   | Mon | 6:30p | 8     |

### Preschool + Parent: Ages 3-5 years

For those children who are not yet ready to be in the water with an instructor 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 |
|------|-----|-------|-------|
| 84   | Wed | 6:30p | 8     |

### Preschool Level 1: Ages 3-5 years

For those children who are ready to be in a group setting with an instructor 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 |
|------|-----|--------|-------|
| 85   | Mon | 6:30p  | 4     |
| 86   | Mon | 7:00p  | 4     |
| 87   | Wed | 6:30p  | 4     |
| 88   | Wed | 7:00p  | 4     |
| 89   | Sun | 11:00a | 8     |
| 90   | Sun | 11:30a | 4     |
| 91   | Sun | 12:00p | 4     |

### School Age Level 1: Ages 6-10 years

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 |
|------|-----|--------|-------|
| 92   | Mon | 7:30p  | 6     |
| 93   | Mon | 8:00p  | 6     |
| 94   | Wed | 7:30p  | 6     |
| 95   | Wed | 8:00p  | 6     |
| 96   | Sun | 11:00a | 6     |
| 97   | Sun | 11:30a | 6     |
| 98   | Sun | 12:00p | 6     |

### School Age Level 2: Ages 6-10 years

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 of Backstroke, Breaststroke, Sidestroke, and Butterfly.

| CODE | DAY | TIME  | Spots |
|------|-----|-------|-------|
| 99   | Mon | 8:00p | 6     |

### Intermediate Stroke Technique: Ages 6-10 years

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 |
|------|-----|-------|-------|
| 100  | Wed | 8:00p | 8     |
| 101  | Sun | 8:00p | 16    |

## Regina's Lessons

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

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CA Residents w/ CA Resident ID Card  
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Non-Members  
\$132.00

| CODE | DAY | TIME  | # of Spots |
|------|-----|-------|------------|
| 102  | Wed | 6:30p | 3          |
| 103  | Wed | 6:45p | 3          |
| 104  | Wed | 7:30p | 3          |
| 105  | Wed | 7:45p | 3          |

Our next swim lesson registration will be held on:  
**October 9, 2010**

Parents: Looking to plan your child's next birthday party?

Your search is over! The Columbia Swim Center will begin booking splashdown birthday parties beginning August 16, 2010. Call the Swim Center at (410)730-7000 for more information.

## NEED GOGGLES?

Did you know the Columbia Swim Center has a variety of Speedo goggles that will be the perfect fit for any swimmer. Stop by for pricing and selection.