



The Pickerington Tiger Sharks & The Greater Columbus Swim School

**team up to prepare young non-swimming and almost-swimming kids
for potential membership on the 2019 Tiger Sharks swim team**

Exclusive swim classes ONLY for potential Tiger Sharks athletes

Taught by GCSS Certified Instructors

SPECIAL DISCOUNTED PRICE

Class Days

Saturdays 11:15 a.m.-12:15 p.m. & Sundays 9:30-10:30 a.m.

Class Dates

April 6 – May 19 (no classes 4/20 & 4/21)

Location

The St. Charles Prep School - 2010 E Broad St. in Bexley

Discounted Fees Only for Tiger Sharks

1 Lesson per week option: \$102 for 6 X 1 hour (Saturday -OR- Sunday)
(Regular price is \$147)

2 Lessons per week option: \$204 for the 12 X 1 hour (Saturday & Sunday)
(Regular price is \$283)

(Prices include your GCSS annual registration fee.)

Limited Class Space Available

5 students max per class. 15 Students max per day

A minimum of 4 registered students each day is required for classes to operate.

***** HOW TO REGISTER *****

1. Completely fill out **and sign** a program application.
2. On the application please indicate your day preference (SAT only, SUN only, or SAT & SUN)
3. Indicate the class level appropriate for your athlete. (Ex. SA-Beginner 2)

The skills listed are the skills that will be taught in the class. A swimmer must be able to perform all the skills in a level to advance to the next level. If your child can do all the SA-Beginner 1.2 skills, but not all or none the SA-Beginner 2 skills, they should register for SA-Beginner 2.

Text, call, or email head instructor, Erin Harris, for assistance in selecting the proper class level.

614-582-2597, erinharris.gcss@gmail.com

***** Class Descriptions *****

SA-Beginner 1.2

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)

SA-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

SA-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