

Columbus Recreation & Parks Summer Learn-to-Swim Program

www.columbus.gov/aquatics

All learn-to-swim classes are free and are taught by certified Water Safety Instructors.

Do you or your child have “water competency”? According to the American Red Cross “water competency” is the ability to step or jump into the water over your head. Return to the surface and float or tread water for one minute, turn around in a full circle, swim 25 yards and exit from the water. This is a critical skill that may save a life. Sign up for one of the Columbus Recreation & Parks summer Learn-to-Swim classes to help develop your “water competency.”

Please create an Activenet account before registration @ <https://apm.activecommunities.com/columbusrecparks>. On the first day of registration, register at the individual pool at 11:30am or on-line after 3:00pm. Completing the registration process on-line subjects the transaction to a convenience fee. This fee is not collected by the City of Columbus and is non-refundable.

Children

Learn-to-Swim (ages 6 & up)	Monday-Thursday	12:45 & 6:45p
Learn-to-Swim (ages 3 to 5)	Saturday & Sunday	12:30p
Competitive Swim & Dive Teams	Monday-Thursday	11:30a

Adults

Learn-to-Swim	Saturday & Sunday	12:30p
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Sessions

Ages 6 & up

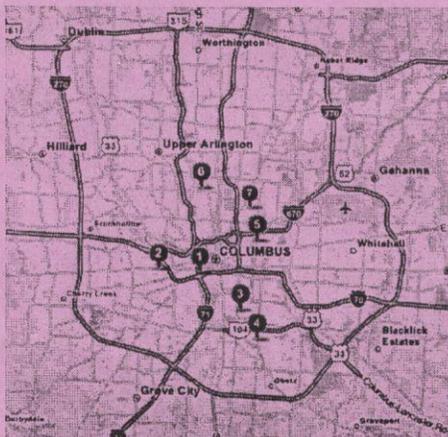
Session Registration (11:30 am)

	Class Begins	Class Ends
1 June 7	June 8	June 18
2 June 14	June 22	July 2
3 June 28	July 8	July 16
4 July 12	July 20	July 30

Ages 3-5 & Adults (Weekend Classes)

Session Registration (11:30 am)

	Class Begins	Class Ends
1 June 7	June 13	June 28
2 June 28	Sunday, July 5	July 19
3 July 12	Sunday, July 26	Aug 9



1. Dodge	645 Sullivant Ave.	645-7365
2. Glenwood	1888 Fairmont Ave.	645-3281
3. Lincoln	570 E. Woodrow Ave.	645-3058
4. Marion-Franklin	2699 Lockbourne Rd.	645-3161
5. Maryland	1380 Atcheson St.	645-3063
6. Tuttle	240 W. Oakland Ave.	645-3603
7. Windsor	1300 Windsor Ave.	645-3607



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COLUMBUS
MICHAEL B. COLEMAN, MAYOR

RECREATION AND PARKS
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Swimming Safety Tips

Tips for Parents

- Small children can drown in very shallow water, so drain tubs and wading pools immediately.
- Children and inexperienced swimmers are encouraged to wear a U.S. Coast Guard approved life jackets whenever in, on, and around water, even if a lifeguard is present.
- Give children 100% of your attention while they are in or around the pool. Never leave a child unattended around water.
- Make sure your children are aware of basic water safety rules.
- If your child is missing, advise the pool staff immediately, look for them in the water first. In the event of a water rescue, seconds can make the difference between life and death.
- If you have a pool at home, talk to your pool service provider about gates, locks, and alarms to keep your children from entering the pool area without supervision.

Safety In/Near the Water

- Air-filled or foam toys are not safety devices. Don't use items such as "water wings" or "noodles" as a substitute for lifejackets
- Avoid alcohol when near the water, before or during swimming, boating, or water skiing especially if supervising children.
- Follow pool rules and lifeguard instructions (such as "No Diving" areas).
- Only enter water to a comfortable depth, especially if you don't know how to swim.
- Don't run or participate in horseplay in or near the pool, especially with small children.
- If you live near a city pool and hear any activity after hours, call 911 immediately, as it may be an unattended child.
- Consider swimming lessons and CPR training. These skills may save a loved one.

Swimming and your Health

- Practice good hygiene. Shower before heading to the pool and wash your hands with soap after using the restroom.
- Don't swallow pool water. If possible, avoid getting pool water in your mouth at all.
- Take frequent restroom breaks and make sure kids do as well. Avoid changing diapers poolside, as germs can spread in and around the pool.
- Avoid the pool when you are ill. Germs can spread in the water and make other people sick.

What to Do When Someone Is In Trouble

- Signal a lifeguard.
- Call 911 immediately.
- Do not attempt a swimming rescue unless you have been properly trained.
- Extend a long pole or branch to the person or use a throw rope attached to a buoyant object, such as a life ring or life jacket. Toss it to the person, then pull them to shore. Reach or throw, DON'T GO!



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