

Swim Lesson Registration

Swimming Lesson Program

Our department follows the American Red Cross Learn-to-Swim program which was revised in 2009. Our department does not offer all Red Cross courses. These changes are reflected in the course descriptions below. **Please read the class descriptions carefully!** In some cases, we have gone beyond Red Cross guidelines to further enhance your child's learning experience. Those modifications include:

1. Maximum size of most classes is 8 students.
2. Lesson times for most classes is 30 minutes.
3. Level IV is divided into A & B classes because of the quantity and complexity of the skills that must be learned.
4. A new Pre-School class was added.

Registration and General Information

	<u>Resident</u>	<u>Non-Resident</u>
Lesson Fee: (M-F)	\$21	\$30
Level VI Fee:	\$28	\$33
Saturday Morning Fee:	\$17	\$22

Session I June 14 - June 29
See front of brochure for mail-in registration information and forms.

Session II July 7 - July 22
Registration: July 1 and July 2 at the Pool entrance
Menasha Residents Only: July 1
9:00-12:00 Noon. (Be prepared with ID)
Open Registration: July 2, 9:00-11:00 a.m.

Session III July 28 - August 12
Registration: July 26 and 27 at the Pool entrance
Menasha Residents Only: July 26
9:00-12:00 Noon (Be prepared with ID)
Open Registration: July 27, 9:00-11:00 a.m.

Saturday Morning Registration dates the same as for Session I.
June 12-July 31 (7 weeks, no lessons July 3) **NOTE that Instructor may vary from week to week. No make-up days.**

Lesson Information

- All lead instructors are certified by the American Red Cross as Water Safety Instructors (WSI).
- Each session is scheduled for 12 classes.
- One make up day is built into the M-F schedule. Additional cancellations are not made up. Refunds are not issued. Our total class time exceeds the recommended minimum standard.
- Pool water is heated to approximately 78°.
- **During most inclement weather, alternative learning activities are planned. Call the pool answering machine at 967-5163. In most cases, a decision to cancel lessons will be made by 8:30 a.m.**
- Lesson ages determined as of the first day of class.
- Unless otherwise noted, the minimum size of a class is five and the maximum is 8. (Beginner/Special – 6 maximum)
- Parents please sit far enough from the lesson so you do not distract your child during lessons (sun deck is available).
- Testing is usually done on one of the last two days of scheduled lessons.
- A lesson evaluation form for adults will be distributed at the end of each session.
- A student evaluation form will be given to each child at the end of each session.

SWIMMING CLASS DESCRIPTIONS

Parent/Child Class L-2 Suitable for kids 12 months to 3 years old
Sample skills: acclimate child to water, water entry/exit, submerging, front and back floats and glides, bobbing, leg actions and life jacket use.

Pre-School L-3 Suggested Ages 3-5
Sample skills: jumping in water, tuck floats, back float and glide, changing direction, holding breath and safety topics.

Level I - Introduction to Water Skills Suggested Ages 4-6
Sample skills: float front and back, arm and hand movements, explore swimming on front and back, safety rules.

Level II - Fundamental Aquatic Skills Suggested Ages 6 & Up
Prerequisite: Level I or similar class. Sample skills: glide on front and back, explore side swimming, roll over (front to back, back to front), rhythmic breathing, swim on front and back using combined strokes.

Level III - Stroke Development
Prerequisite: Level II or similar class. Sample skills: jump into water, butterfly kick and body motion, dive from kneeling position, reaching assists, retrieve underwater objects, front crawl, back crawl.

Level IV A - Stroke Improvement
Prerequisite: Level III or similar class. Sample skills: compact or stride position dive, survival and back float, turns and push off in open position, treading water, front crawl, breaststroke, butterfly, back crawl, Elementary backstroke.

Level IV B - Advanced Stroke Improvement
Prerequisite: Level IV A or similar class. Sample skills: skills will be a continuation of Level IV A. Students must demonstrate a higher stroke skill level before moving on.

Level V - Stroke Refinement:
Prerequisite: Level IV B or similar class. Sample skills: shallow diving, flip turns, develop greater endurance on five basic strokes (front, crawl, butterfly, breaststroke, back crawl and Elementary backstroke).

Level VI - Swimming and Skill Proficiency
Prerequisite: Level V or similar class. Three different "menu" style classes will be offered throughout the season.
A—Personal Water Safety: endurance skills plus survival and rescue skills.
B—Fundamentals of Diving: diving techniques plus endurance skills and turns.

Beginner/Special: Suggested Ages 6 and Up
Designed for the child that may need a little extra help on basic swim skills. Sample skills: front and back float without support, kicking on front and back, object retrieval, introduction to front crawl, back crawl and deep water orientation. Maximum class size: 6.

To Parents: It is not unusual for a child to repeat a class until all skills are learned. This should not be seen as failure. Our instructors strive to ensure that all students learn a specified set of skills before advancing to the next level.

