Swim Lesson Registration

Swimming Lesson Program

Our department follows most of the Red Cross Learn-to-Swim program. We try to offer classes that best meet the needs of the community. **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 classes are 40 minutes.
3. Level IV is divided into A & B classes because of the quantity and complexity of the skills that must be learned.

Registration and General Information

	Resident	Non-Resident
Lesson Fee: (All Classes)	$23	$34

Session I

M/W June 16 - July 16 (no lessons 7/2)
T/TH June 17- July 17 (no lessons 7/3)
Registration: See front of brochure for mail-in registration information.

Session II

M/W July 21 - August 18
Registration: July 18 at the Pool entrance
City of Menasha Residents Only:
7:15 - 10:00 a.m. (Be prepared with ID)
Reciprocity & Open Registration:
10:00 a.m. - 12:00-Noon
If a Y member, be prepared with a valid membership card(s). Others be prepared with photo ID.

Tuesday Night Lessons:
June 17-August 12

Thursday Night Lessons:
June 12-August 14 (no lessons July 3)

Saturday Morning Lessons:
June 14-August 16 (no lessons July 5)

Registration for Tuesday and Thursday night and Saturday morning lessons is the same as Session I. Instructor may vary from week to week. No make-up days are scheduled.

Lesson Information

- All lead instructors are certified by the American Red Cross as Water Safety Instructors (WSI).
- Evening (Tuesday, Thursday and Saturday) and two day a week classes (M/W or T/TH) are available.
- 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.** Decisions to cancel lessons will be made by 8:30 a.m.
- Lesson ages determined as of the first day of class. Age for classes are suggestions only.
- Unless otherwise noted, the minimum size of a class is four and the maximum is eight.
- 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.
- **Waiting List - If a class is full you may opt to be put on a waiting list. Occasionally, a class may be added but could be on a different time and day.**

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 - Skill Proficiency and Diving Fundamentals
Prerequisite: Level V or similar class. Basic diving techniques will be introduced plus endurance skills and turns.

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.

Lesson Schedule

Session I	Monday/Wednesday		June 16—July 16	
	9:20-10:00	10:05-10:45	10:50-11:30	11:35-12:15
Parent/Child L-2		7000.104		7000.108
Preschool L-3		7030.104	7030.106	7030.108
Level I	7001.112 7001.113	7001.114	7001.116	7001.118
Level II	7002.122		7002.126	7002.128
Level III	7003.132	7003.134		
Level IV-A	7004.141		7004.143	
Level IV-B		7004.147		
Level V			7005.156	
Level VI				7006.161

Session I	Tuesday/Thursday		June 17—July 17	
	9:20-10:00	10:05-10:45	10:50-11:30	11:35-12:15
Parent/Child L-2	7100.102			7100.108
Preschool L-3	7130.102	7130.104	7130.106	7130.108
Level I	7101.112	7101.114	7101.116	7101.118 7101.119
Level II		7102.124	7102.126 7102.127	
Level III	7103.132 7103.133		7103.136	7103.138
Level IV-A		7104.142		
Level IV-B		7104.147		
Level V				
Level VI				

Session II	Monday/Wednesday		July 21-August 18	
Registration July 18 at the Pool Entrance. See page 10 for times.				
	9:20-10:00	10:05-10:45	10:50-11:30	11:35-12:15
Parent/Child L-2				7200.108
Preschool L-3	7230.102	7230.104	7230.106 7230.107	
Level I	7201.112	7201.114 7201.115	7201.116	7201.118
Level II	7202.122		7202.126	7202.128
Level III	7203.132	7203.134		
Level IV-A	7204.141			
Level IV-B		7204.147		7204.149
Level V			7205.156	
Level VI				7206.161

Tuesday Night Lessons

Registration dates for Tuesday lessons will be the same as Session I.

Instructor may vary from week to week. No make-up days.

Class	Tuesdays June 17-August 12	
	Time	Number
PARENT/CHILD L-2	5:30-6:10	7000.110
PRESCHOOL L-3	5:30-6:10	7030.110
LEVEL I	5:30-6:10	7001.121

Thursday Night Lessons

Registration dates for Thursday lessons will be the same as Session I.

Instructor may vary from week to week. No make-up days.

Class	Thursdays June 12-August 14 (no lessons July 3)	
	Time	Number
Preschool L-3	5:30 - 6:10	7030.132
LEVEL I	5:30 - 6:10	7001.132
LEVEL II	5:30 - 6:10	7002.132

Saturday Morning Lessons

Registration dates for Saturday lessons will be the same as Session I.

Instructor may vary from week to week. No make-up days.

Class	Saturdays June 14-August 16 (no lessons July 5)	
	Time	Number
PARENT/CHILD L-2	11:35-12:15	7000.111
PRESCHOOL L-3	11:35-12:15	7030.111
LEVEL I	10:50-11:30	7001.120
LEVEL II	10:50-11:30	7002.130