

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 either 35 or 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

Lesson Information

Lesson Fee: (All Classes)

<u>Resident</u>	<u>Non-Resident</u>
\$25	\$35

Session I

M/W June 18 - July 25 (no lessons 7/2 or 7/4)

T/TH June 19 - July 26 (no lessons 7/3 or 7/5)

Registration: See front of brochure for mail-in registration information.

Session II

M-TH July 30 - August 14

Registration: July 27 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 12-August 14 (no lessons July 3)

Saturday Morning Lessons:

June 16-August 18 (no lessons July 7)

Registration for Tuesday Night and Saturday Morning lessons is the same as Session I. Instructor may vary from week to week. No make-up days.

- All lead instructors are certified by the American Red Cross as Water Safety Instructors (WSI).
- One day a week (Tuesday or Saturday), two day a week (M/W or T/TH) or four day a week (M-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. 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. Age for classes are suggestions only.
- Unless otherwise noted, the minimum size of a class is five 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.

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

Sample skills: jumping in water, tuck floats, back float and glide, changing direction, holding breath and safety topics.

Level I - Introduction to Water Skills

Sample skills: float front and back, arm and hand movements, explore swimming on front and back, safety rules.

Level II - Fundamental Aquatic Skills

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. Two 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.

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

Class	Session I M / W June 18-July 25 (no lessons 7/2, 7/4)			Session I T / TH June 19-July 26 (no lessons 7/3, 7/5)			Session II M-TH July 30-August 14 Register on 7/27 only. See Page 10 for specific times!	
	Time	Number		Time	Number		Time	Number
PARENT/CHILD L-2	10:25 - 11:00	7000.104		9:45 - 10:20	7100.102		9:45 - 10:20	7200.102
	11:45 - 12:20	7000.108		11:45 - 12:20	7100.108		11:45 - 12:20	7200.108
PRESCHOOL L-3	10:25 - 11:00	7030.104		10:25 - 11:00	7130.104		9:05 - 9:40	7230.100
	11:05 - 11:40	7030.106		11:05 - 11:40	7130.106		10:25 - 11:00	7230.104
	11:45 - 12:20	7030.108		11:45 - 12:20	7130.108		11:05 - 11:40	7230.106
LEVEL I	9:05 - 9:40	7001.110		9:05 - 9:40	7101.110		9:05 - 9:40	7201.110
	9:45 - 10:20	7001.112		9:45 - 10:20	7101.112		9:45 - 10:20	7201.112
	10:25 - 11:00	7001.114		11:05 - 11:40	7101.116		10:25 - 11:00	7201.114
	11:45 - 12:20	7001.118		11:45 - 12:20	7101.118		11:45 - 12:20	7201.118
LEVEL II	9:45 - 10:20	7002.122		9:05 - 9:40	7102.120		9:05 - 9:40	7202.120
	10:25 - 11:00	7002.124		10:25 - 11:00	7102.124		9:45 - 10:20	7202.122
	11:05 - 11:40	7002.126		10:25 - 11:00	7102.125		11:05 - 11:40	7202.126
	11:45 - 12:20	7002.128		11:05 - 11:40	7102.126		11:45 - 12:20	7202.128
LEVEL III	9:05 - 9:40	7003.130		9:45 - 10:20	7103.132		9:05 - 9:40	7203.130
	9:45 - 10:20	7003.132		10:25 - 11:00	7103.134		9:45 - 10:20	7203.132
	10:25 - 11:00	7003.134		11:05 - 11:40	7103.136		10:25 - 11:00	7203.134
	11:05 - 11:40	7003.136		11:45 - 12:20	7103.138		11:05 - 11:40	7203.136
LEVEL IV— A	9:45 - 10:20	7004.141		9:05 - 9:40	7104.140		9:05 - 9:40	7204.140
	11:05 - 11:40	7004.143		9:45 - 10:20	7104.141		9:45 - 10:20	7204.141
				10:25 - 11:00	7104.142		11:05 - 11:40	7204.143
LEVEL IV— B	9:05 - 9:40	7004.145		9:05 - 9:40	7104.145		10:25 - 11:00	7204.147
	9:45 - 10:20	7004.146		11:05 - 11:40	7104.148		11:45 - 12:20	7204.149
LEVEL V	11:05 - 11:40	7005.156		9:45 - 10:20	7105.152		10:25 - 11:00	7205.154
							11:05 - 11:40	7205.156
LEVEL VI (A-B)	11:45 - 12:20	(B) 7006.161		11:45 - 12:20	(A) 7106.161		11:45 - 12:20	(B) 7206.161

NEW! Tuesday Night Lessons
June 12-August 14 (no class July 3)

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 12-August 14 (no class July 3)	
	Time	Number
LEVEL I	5:10 - 5:50	7001.120
LEVEL II	5:10 - 5:50	7002.130

Saturday Morning Lessons
June 16-August 18 (no class July 7)

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 16-August 18 (no class July 7)	
	Time	Number
PARENT/CHILD L-2	10:50 - 11:30	7000.110
PRESCHOOL L-3	10:50 - 11:30	7030.110