

American Red Cross

Learn To Swim Program Descriptions

Parent and Child Level 1 (Ages 6 mo. to 2 yrs.): This course is designed to help parents teach their child aquatic orientation and safety skills. One parent or guardian (age 17 or older) must accompany the child in the water. Parents will work one on one, with their child, as instructors assist on a group basis. This class is not designed for children to become accomplished swimmers or even to survive on their own in the water.

Parent and Child Level 2 Ages 18 mo. To 5 yrs.) : Builds on the skills introduced in Level 1 with participants improving these skills and learning more advanced skills. Parents will accompany children in the water. This class helps children develop self-confidence in the water environment

Level 1 – Introduction to Water Skills: Skills learned in this class will be floating unsupported on front and back, blowing bubbles, independently entering and exiting the water, submerging and holding breath 5 to 8 seconds, kicking in front and back position, alternating arm action and basic water safety rules.

Level 2 – Fundamental Aquatic Skills: Skills learned in this class will be; turning over, back crawl arm action, combined stroke on front and back (5 yards), jumping into chest-deep water, leveling off from a standing position, fundamentals of treading water, introduction to the side stroke and learning how to recognize a swimmer in distress.

Level 3 - Stroke Development: Students learn to coordinate the front crawl and back crawl. They are introduced to the butterfly stroke. Students also learn the head first entry from a sitting or kneeling position.

Level 4 - Stroke Improvement: Students will increase their endurance by swimming familiar strokes (breaststroke, elementary backstroke, butterfly, front crawl and back crawl) for greater distances. They are introduced to the breaststroke, and the basics of turning at a wall. They will dive from a compact or stride position as well as learn additional rules for safe diving.

Level 5 - Stroke Refinement: Students will increase their endurance to the butterfly, open turns, and surface dives. Students perform the front crawl, back crawl, and sidestroke for increased distances.

Level 6: Students develop considerable endurance by the end of this course and are introduced to additional turns as well as the pike and tuck surface dives. Students have the opportunity to work on lifeguard readiness skills, Personal Water Safety & fitness swimmer skills. Each participant will decide which section they would like to learn.

SUMMER SWIM LESSONS PROGRAM

Registration is filled on a first come, first served basis. You may register beginning **April 12** in person, by mail-in using the form provided, or by using our 24-hour drop box at City Hall, Dodge Street entrance. If your first choice was not available, someone from the Recreation will contact you. No phone registrations are accepted.

CONSIDER YOUR FIRST CHOICE REQUESTS FILLED UNLESS WE NOTIFY YOU.

CANCELLATION POLICY – If a class has less than 4 participants, the class will be combined or cancelled. If cancelled, you will be given the choice of another class or a refund. In case of bad weather, lesson will be held at the indoor pool if it is available. If unavailable, the lessons will be held on Friday of that week.

GROUP LESSON FEE: \$27.00/person, School Dist. Resident,
\$33.25/person, Non School Dist. Resident.
PRIVATE LESSON FEE: \$35.00/person, School Dist. Resident,
\$43.75/person, Non School Dist. Resident.

INDOOR LESSONS (HIGH SCHOOL POOL) - Classes meet Tuesdays & Thursdays

Group Lessons July 6 – 29	Private Lessons August 3 - 12
6:45-7:15 pm Parent Child B	6:45-7:15 pm
7:25-7:55 pm Levels 1, 2, 3	7:25-7:55 pm
8:05-8:35 pm Levels 1, 2, 4	8:05–8:35 pm

OUTDOOR GROUP AND PRIVATE SWIM LESSONS AT AQUATIC CENTER Classes meet Monday-Thursday with Fridays reserved for rainouts for morning classes only.

	June 14 – 17	June 21 –July 1	July 12 – 22	July 26 - 29	Aug 2 – 5	Aug 9 – 12
9:30–10:00	Privates				Privates	Privates
10:10-10:40	Privates				Privates	Privates
10:50-11:20	Privates				Privates	Privates
4:20-4:50	Privates	Levels 1, 2, 6/7	Levels 2, 3, 5	Privates	Privates	Privates
5:00-5:30	Privates	Levels 2, 4, 5	Levels 3, 4, Parent Child B	Privates	Privates	Privates
5:40–6:10	Privates	Levels 1, 3 Parent Child A	Levels 1, 6, Parent Child B	Privates	Privates	Privates

REGISTRATION FORM → → **Next Page** → → → → → → → → → → → → → →
REGISTRATION BEGINS MONDAY, APRIL 12

2010 SUMMER SWIM PROGRAM REGISTRATION FORM

RETURN TO: Jefferson Parks & Recreation, 317 S. Main St., Jefferson, WI 53549

******* The First Day to Register is Monday, April 12 *******

CHECKS PAYABLE TO: *City of Jefferson*

Parent's Name: _____ **Address:** _____

City: _____ **Zip:** _____ **Phone (1)** _____ **(2)** _____

Email address: _____

<i>Swimmer First and Last Name</i>				<i>Age</i>		<i>Class Level</i> <small>(see pg. 11)</small>	
1 st Choice		2 nd Choice		3 rd Choice			
Time	Session dates	Time	Session dates	Time	Session dates		

<i>Swimmer First and Last Name</i>				<i>Age</i>		<i>Class Level</i> <small>(see pg. 11)</small>	
1 st Choice		2 nd Choice		3 rd Choice			
Time	Session dates	Time	Session dates	Time	Session dates		

<i>Swimmer First and Last Name</i>				<i>Age</i>		<i>Class Level</i> <small>(see pg. 11)</small>	
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<i>Swimmer First and Last Name</i>				<i>Age</i>		<i>Class Level</i> <small>(see pg. 11)</small>	
1 st Choice		2 nd Choice		3 rd Choice			
Time	Session dates	Time	Session dates	Time	Session dates		

I understand the inherent risk of injury involved in participation in this sports program and verify that my child is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case my child is in need of emergency medical attention. I also release the sponsoring groups and their agents from all claims arising from this child's participation in this activity.

Signature of Parent or Guardian