

# **District Aquatic Center Swim Lessons**

## **Spring Session 2- 2025**

Wednesday Nights

**April 23rd - June 4th**

### **AMERICAN RED CROSS SWIMMING AND WATER SAFETY COURSES**

*Children must be at least 6 years old to be in Levels 1-5.*

**District Resident – \$40**

**Non-District Resident – \$50**

#### **Registration process:**

1. Complete parent/guardian and student information
2. Select 1<sup>st</sup> and 2<sup>nd</sup> choice time for each student (if applicable) -
3. A minimum of 3 students per level must be signed up to run the class.
4. Select class based on skill level of student:

**Wednesday, 5:00pm-5:35pm**

Level Look At Me Go- Capacity 6

Level 2- Class Capacity 6

**Wednesday, 5:40pm-6:15pm**

Level 3- Class Capacity 8

Level 4- Class Capacity 8

5. Return form, appropriate fee **cash or check only** (checks payable to District Aquatic Center), and a **self-addressed stamped envelope to:**

District Aquatic Center

1403 N Holden St

Port Washington WI 53074

**A receipt will be returned to confirm your class time/registration (no phone call/email will be made to inform you)**

6. Registration begins Tuesday, April 8th 2025 for District Residents.

And Friday, April 11th, 2025 for Non-District Residents

Registration Closes Tuesday, April 22nd, 2025

*Classes will be capped at the appropriate Red Cross Teacher /Student Capacity Ratios.*

7. **The diving well & 2 lap lane will be available to use during swim lessons. If you're not swimming laps we ask that you watch from the balcony and not from the pool deck to minimize distractions.**

#### **SWIMMING LESSON REGISTRATION FORM**

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_

Student name:

Student name:

Student name:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Age: \_\_\_\_\_ Level: \_\_\_\_\_

Age: \_\_\_\_\_ Level: \_\_\_\_\_

Age: \_\_\_\_\_ Level: \_\_\_\_\_

1<sup>st</sup> choice Time: \_\_\_\_\_

1<sup>st</sup> choice Time: \_\_\_\_\_

1<sup>st</sup> choice Time: \_\_\_\_\_

2<sup>nd</sup> choice Time: \_\_\_\_\_

2<sup>nd</sup> choice Time: \_\_\_\_\_

2<sup>nd</sup> choice Time: \_\_\_\_\_

**FEE ENCLOSED:** \_\_\_\_\_

# Class Descriptions

- **LOOK At Me Go, Preschool Aquatics**

**Preschool ages 4-5**

Introduces basic aquatic skills, which participants continue to build on as they progress through each swim level

**\*\*If your child has passed Look at Me Go, they may enter in Level 2, Learn-to-Swim (this is the only age exception made at sign up)\*\***

- **LEVEL 1, Learn-to-Swim**

**Elementary School age 6 and up**

Introduces basic aquatic skills, which participants continue to build on as they progress through each swim level. In addition, participants start developing positive attitudes, effective swimming habits, and safe practices in and around the water. Skills are expected to be performed with minimal assistance or independently.

- **LEVEL 2, Learn-to-Swim**

Participants will learn fundamental skills. They will learn to float and glide with no support and recover to a vertical position. Participants will develop alternating arms and leg action on the front and back, laying the foundation for future strokes. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

**\*\*\*The jump from level 2 to level 3 is intense, fast paced and there are lots of new skills to learn!**

**Please make sure your child has the skills from level 2 mastered prior to moving to level 3. If your child has passed level 2, but you only take lessons once a year you may want to repeat level 2 as a refresher.\*\*\***

- **LEVEL 3, Learn-to-Swim**

Participants learn to practice survival floating and learn to swim front and elementary backstroke. They will also be introduced to the scissors kick and dolphin kick. Participants will learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position, in deep water from the poolside. As in all levels, new and previously addressed water safety topics are included. Participants who successfully complete level 3 will have achieved basic water competence in a pool environment

- **LEVEL 4, Learn-to-Swim**

Participants will improve their aquatic skills and increase their endurance by swimming the strokes learned in level 3 with greater distance and with more proficiency. Participants will learn breaststroke, kick, sidestroke, backcrawl, and butterfly, as well as the basics of performing a simple open turn at the wall.

- **LEVEL 5, Learn-to-Swim**

Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers

## **Reminder!!**

**Children only retain skills learned if they continually practice them in the water. Learning to swim is difficult and time consuming. Many children have difficulty with body awareness on land, and once they're in the water it's a whole different feeling of body/spatial awareness. Please be patient with your child as they learn to swim!**