

RICE LAKE SWIMMING POOL
Registration for summer swimming lessons 2017

Dates, fees, lessons are subject to change or cancellation. Children must be at least three years old and 38" tall. All registrations will be on a first serve basis with a limit of students per class. Phone call registrations will not be accepted. YOU MUST COME TO THE POOL TO REGISTER. You must pay your fee the day you register.

Registration for all morning youth lessons will begin Tuesday, May 23rd for the **Rice Lake District only** from 7:00 a.m. - 6:00 p.m. **Out of District** will begin with the continuation of In-District on Tuesday, May 23rd from 11:00 a.m. – 6:00 p.m. You may register any time during the summer but there is a limit of students per class so be sure to register far enough in advance to assure a spot. There will be no refunds if you need to cancel a class. Please have exact change for instant processing. In district fee is \$25.00. Out of district fee is \$35.00.

Classes will run in two week sessions Monday through Friday from June 12th – August 25th. There will be three sessions offered with four 40-minute time allotments and two sessions offered with two 40-minute time allotments. Class sessions and time allotments are listed below.

PLEASE READ LEVEL DESCRIPTIONS CAREFULLY BEFORE REGISTERING YOUR CHILD.

<u>Session</u>	<u>Time allotments offered in each session</u>
<u>Session 1:</u> June 12-June 23	A. 8:20-9:00 am B. 9:15-9:55 am C.10:10-10:50 am D.11:05-11:45 am
<u>Session 2:</u> June 26-July 14 (skip 4 th of July week)	A. 8:20-9:00 am B. 9:15-9:55 am C.10:10-10:50 am D.11:05-11:45 am
<u>Session 3:</u> July 17-July 28**	B. 9:15-9:55 am C.10:10-10:50 am
<u>Session 4:</u> July 31-August 11**	B.9:15-9:55 am C.10:10-10:50 am
<u>Session5:</u> August 14-August 25	A.8:20-9:00 am B.9:15-9:55 am C.10:10-10:50 am D.11:05-11:45 am

**Session 3 swimming lessons July 17th -July 28 will only offer the 9:15-9:55 and 10:10-10:50 time slots.

**Session 4 swimming lessons July 31-August 11 will only offer 9:15-9:55 and 10:10-10:50 time slots.

Lesson Description, Session & Time Allotments offered

LEVEL 1- INTRODUCTION TO SKILLS: Age 3 & up - Good Safety practices + Enter and exit water using ladder, steps or side, Blow bubbles through mouth and nose, Bobbing, Open eyes under water and retrieve submerged objects, Front and back glides and floats, Roll from front to back and back to front, Tread water using arm and hand actions, leg actions on front and back, arm actions on front and back, Combined arm and leg actions on front and back. First time participants with little experience. Offered in ALL SESSIONS EXCEPT SESSION 3- A & D AND SESSION 4 – A&D.

LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS: Good Safety practices + Build on skills from L1- Enter and exit water by stepping or jumping from the side, Fully submerge and hold breath, Bobbing, Open eyes under water and retrieve submerged objects, Front, jellyfish and tuck floats, Front and back glides and floats, Roll from front to back and back to front, Change direction while swimming on front or back, Tread water using arm and leg actions, Combined arm and leg actions on front and back, Finning arm action. Offered in ALL SESSIONS, EXCEPT SESSION 3- A&D AND SESSION 4-A&D.

LEVEL 3 – STROKE DEVELOPMENT: Good Safety practices + Enter water by jumping from the side, Headfirst entries from the side in sitting and kneeling positions, Bobbing while moving toward safety, Rotary breathing, Survival float, Back float, Change from vertical to horizontal position on front and back, Tread water, Flutter, scissor, dolphin and breaststroke kicks on front, Front crawl and elementary backstroke. Offered in ALL SESSIONS, EXCEPT SESSION 3-A&D and session 4-A&D.

LEVEL 4 – STROKE IMPROVEMENT: Good Safety practices + Dive in compact and stride positions, Swim under water, Feet first surface dive, Survival swimming, Front crawl and backstroke open turns, Tread water using 2 different kicks, Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, Flutter and dolphin kicks on back. Offered in ALL SESSIONS EXCEPT 3- A&D AND SESSION 4 - A&D.

LEVEL 5 - STROKE REFINEMENT: Good Safety practices + Shallow-angle dive from the side then glide and begin a front stroke, Tuck and pike surface dives, submerge completely, Front flip turn and backstroke flip turn while swimming, Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, Sculling Offered in Session 1-A, B & C; Session 2-A, B & C; Session 3-B & C; Session 4-, B & C; and Session 5-A,B & C

LEVEL 6 – PERSONAL WATER SAFETY: Increase endurance while performing the following strokes: Front crawl–100 yds., Back crawl–100 yds., Butterfly–50 yds., Elementary backstroke–50 yds., Breaststroke–50 yds., Sidestroke–50 yds., Front crawl open turn, Backstroke open turn, Sidestroke turn, Front flip turn, Backstroke flip, Butterfly Turn, Breaststroke Turn, Tread water, kicking only, in deep water, feet-first surface dive and retrieve and object from a depth of 7 feet, HELP position, huddle position, survival float in deep water, back float in deep water, survival swimming, Swim while clothed, using any type of stroke if time permits, self-rescue techniques while clothed if time permits, basic safety rules for open water environment and boating Offered in SESSIONS 1 & 5, TIME A.

LEVEL 6 – FUNDAMENTALS OF DIVING: Increase endurance while performing the following strokes: Front crawl–100 yds., Back crawl–100 yds., Butterfly–50 yds., Elementary backstroke–50 yds., Breaststroke–50 yds., Sidestroke–50 yds., Front crawl open turn, Backstroke open turn, Sidestroke turn, Front flip turn, Backstroke flip turn, Butterfly Turn, Breaststroke Turn, Basic stretching exercises, Body alignment and control, Surface dive, Diving from Poolside, Diving from the Diving Board, Takeoff from the Deck, Takeoff from Poolside, Takeoff from the Diving Board, Forward Jump, Forward Dive, Tuck Positions, Pike Position, Discuss rules for safe diving. Offered in SESSION 1, TIME D.

LEVEL 6 – FITNESS SWIMMER: Increase endurance while swimming the following strokes: Front crawl–100 yds., Back crawl–100 yds., Butterfly–50 yds., Elementary backstroke–50 yds., Breaststroke–50 yds., Sidestroke–50 yds., Front crawl open turn, Backstroke open turn, Sidestroke turn, Front flip turn, Backstroke flip turn, Breaststroke turn, Butterfly turn, Etiquette in fitness swimming, Discuss and demonstrate how to use the following equipment while swimming: Pull buoy, Fins, Pace clock, Paddles, Describe the principles of setting up a fitness program, Calculate target heart rate, Apply the principles of water exercise Offered in SESSION 2 , TIME D.

DIVING: Must be a level 4 or above. Fun class! You can be a beginner diver or an advanced diver. Try new things! Offered in SESSION 5, TIME ALLOTMENT D.

PARENT & CHILD CLASS: Parents must accompany child in the water (one parent per child please). Age requirement is 6 months – 4 years. Any child not potty trained must wear a little swimmer. Classes will begin on July 18th – August 3rd, Tuesdays and Thursdays from 5:00 – 6:00 p.m.

LIFEGUARD (WATERFRONT) TRAINING COURSE: This course is an American Red Cross Lifeguard training course. The course will be set up when we get enough interest. Please call the pool to be put on waiting list. To be eligible for the course, participants must be a minimum of 15 years of age by the start of the class. Participants must be able to swim 550 yards continuously using the following strokes: 200 yards of the front crawl, 200 yards of the breaststroke, and 150 yards of a mixture of breast stroke and front crawl. Participants must also be able to surface dive to a depth of 7-10 feet & retrieve a 10 lb. brick, return it to the surface & swim 20 yards back to the starting point with the object & exit the water without using a ladder or steps within 1 minute and 40 seconds. Participants must be able to swim 5 yards, submerge & retrieve three diving rings placed 5 yards apart in 4-7 feet of water, resurface & swim 5 yards to the side of the pool.

REGISTRATION FORM

CHILD'S NAME _____ AGE _____ SESSION _____
PARENT'S NAME _____ TIME _____
ADDRESS _____ LEVEL _____
TELEPHONE (HOME) _____
(WORK) _____

MEDICAL PROBLEMS STAFF SHOULD BE AWARE OF:
