

Yours Naturally!



Waukesha County Park System

Recreation • Education • Preservation

Waukesha County Park System
2016 SWIM LESSON PROGRAM
Session Dates, Times, & Locations

SESSION I

SESSION II

SESSION III

June 20 – July 1	July 11 – 22	July 25 – August 5
Mukwonago Park American Red Cross Levels 1 - 6 (45 minute classes)	Menomonee Park Naga-Waukee Park American Red Cross Levels 1-6 (45 minute classes)	Fox Brook Park Muskego Park American Red Cross Levels 1-6 (45 minute classes)

CLASS TIMES: 9:00 - 9:45 a.m. - Level 4, 5, 6 (See reverse side for
10:00 - 10:45 a.m. - Level 1, 2, 3 explanation of the
11:00 - 11:45 a.m. - Level 1, 2, 3 Red Cross Levels →)

FEES: \$30.00 for Ten 45-minute lessons, Monday thru Friday

CLASS SIZE: Maximum - 10 per class, Minimum - 5 per class
(classes with less than 5 participants will either be combined
with another class or canceled)

*** REFUNDS WILL BE GIVEN ONLY IF CLASS IS CANCELED ***

AGE REQUIREMENTS: Children must be at least 5 years old by the first day of class.

	<p>OPEN REGISTRATION with Waukesha County Parks BEGINS MAY 1st 262-548-7801 call between 8:00 a.m. to 4:30 p.m.</p>
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AMERICAN RED CROSS SWIM LESSON PROGRAM

CLASS / LEVEL DESCRIPTIONS:

All students will be tested the first class to ensure proper level placement. We reserve the right to move students to the correct level. It is not unusual for children to repeat a level before all skills are completed satisfactorily. Contact us if you have questions on the placement of your child.

Level 1 – “Introduction to Water Skills”

Teaches basic personal water safety and skills to help children feel comfortable in the water while learning elementary aquatic skills. Age appropriate water safety topics are included.

Level 2 – “Fundamental Aquatic Skills”

Level Two builds upon the skills taught in Level One. Level Two gives children success with the fundamental skills such as floating and recovering to a vertical position. Simultaneous and alternating arm action on front and back leading to the front crawl, back crawl and elementary backstroke foundation are taught. It is not uncommon for children to repeat this level due to developing confidence in the water.

Level 3 – “Stroke Development”

Building upon the skills taught in Level Two, Level Three teaches the survival float, elementary backstroke, breaststroke, backstroke and coordination of the front crawl. Participants are also introduced to the dolphin kick, swimming in deep water and basic diving skills. It is not uncommon for children repeat this level due to the number of skills taught.

Level 4 – “Stroke Improvement”

Stroke improvement develops confidence in the previously learned strokes, and increases distance swimming building endurance. Backstroke and breaststroke are further developed for efficiency in the water. Participants are introduced to the full butterfly and sidestroke. It is not uncommon for children to repeat this

Level 5 – “Stroke Refinement”

Building upon Level Four, Level Five refines strokes learned and increases distances swimming. Participants are introduced to front and back flip turns.

Level 6 – “Swimming and Skill Proficiency”

Level Six refines the strokes so participants swim with ease, efficiency, power and smoothness over greater distances. It helps prepare participants for more advanced classes such as Lifeguarding and Competitive Swimming.

SPECTATOR POLICY:

Parents may observe lessons from outside the beach area only. The reason is to reduce distractions to children and instructors during valuable lesson time. Parents may accompany children to the lesson meeting area on the first day of class and then return to the designated observation area.

INCLEMENT WEATHER POLICY:

Classes will generally NOT be cancelled due to inclement weather. Dry land drills or indoor classes covering various safety topics (which are part of the course curriculum) will be covered on cold/severe weather days. Please dress your children accordingly on cold days with warmer clothes and an extra towel.

*Information on lessons can be obtained by calling the
Waukesha County Park System Administrative Office (262) 548-7801*