Yours Naturally!

Waukesha County Park System

Recreation • Education • Preservation

Waukesha County Park System

2013 SWIM LESSON PROGRAM

Session Dates, Times, & Locations

SESSION I	SESSION II	SESSION III
June 17 – 28	**July 8 – 19**	**July 22 – August 2**
Mukwonago Park American Red Cross Levels 1 - 5 (45 minute classes)	**Menomonee Park** **Naga-Waukee Park** American Red Cross Levels 1-5 (45 minute classes)	**Fox Brook Park** **Muskego Park** American Red Cross Levels 1-5 (45 minute classes)

CLASS TIMES:

9:00 - 9:45 a.m. - Level 4, 5
10:00 - 10:45 a.m. - Level 1, 2, 3
11:00 - 11:45 a.m. - Level 1, 2, 3

(See reverse side for explanation of the 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.

OPEN REGISTRATION
with Waukesha County Parks
BEGINS MAY 1st
262-548-7801
call between 8:00 a.m. to 4:30 p.m.

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"
Learn how to enter and exit the water safely, experience buoyancy and breath control, floating and kicking on front and back. Introduction to swimming on front and back with alternating arm & leg action. Covers basic water safety rules such as use life jackets and recognizing a distressed swimmer.

Level 2 – "Fundamental Aquatic Skills"
(Need to have passed Level 1) Fully submerge/bobbing, practice front and back floats, turning over, front and back glides, treading water, combined arm & leg actions front & back, developing distance endurance, finning & sculling, picking up objects under water with eyes open, moving in water with lifejacket on.

Level 3 – "Stroke Development"
(Need to have passed level 2) Bobbing with head fully submerged, rotary breathing, front & back glides, treading water, further develops front crawl and begins back crawl, begins butterfly kick and body motion, beginner diving skills, and self-rescue skills.

Level 4 – "Stroke Improvement"
(Need to have passed Level 3) Develops confidence and competency in front & back crawl, breaststroke, elementary backstroke, butterfly, scissors kick, diving rules and skills, jump from height with lifejacket, and covers various rescue breathing skills.

Level 5 – "Stroke Refinement"
(Needs to have passed Level 4) Swim competently for distance in front & back crawl, elementary back stroke and breaststroke. Classes also will work on survival float & swimming, sidestroke, butterfly, additional diving skills, and rescue skills such as caring for a choking victim.

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