

2018 Winter SWIM LESSONS



Lesson Format: The winter swim lesson program includes seven (7), forty-five minute classes. Classes are held once per week on Saturday mornings for seven consecutive weeks. The first class is Saturday, January 13th. See class times below.

Registration Information: Registration begins Thursday, November 30th. To register for lessons, you may either stop by the Civic Center during normal hours of operation or register online (www.wahoo civiccenter.com). No sign ups will be taken over the phone. In order to reserve your child's spot, payment must be made at the time of registration! *Please note and review our cancellation/withdrawal policy on the back.*

9:00am-9:45am	10:00am-10:45am	11:00am-11:45am
Level 1	Preschool – Level 1	Parent & Child Class
Level 2	Level 2	Level 3

****Age Restrictions**** The Parent & Child Class is for 6 months to 3 year olds. The Preschool level class is for 4 & 5 year olds. The minimum age for Learn-to-Swim (Levels 1-3) is 6 years old by the start of the session.

Cost: For Parent & Child Class: Civic Center Members: \$25/student Non-Members: \$40/student
For Preschool Level 1 and Levels 1-3: Civic Center Members: \$30/student Non-Members: \$45/student

Class Size: Maximum of 10; minimum of 4. These are group lessons. We will attempt to maintain an instructor to student ratio of 1:5. Classes may be combined or canceled if minimum class size is not met. You will be contacted if any changes are made.

Class Descriptions: Please consult the back of this flyer for specific information about the objectives and skills taught at each level. **Please carefully review each level description to insure that your child is registered for the correct level.** If you don't know the last level your child was enrolled in our program, contact the Civic Center front desk at (402) 443-4174 and they can assist you. If you have any questions about what class may be appropriate for your child, please contact our Swim Lesson Coordinator listed below.

Incllement Weather Policy: Due to inclement weather, classes may be canceled. The decision to cancel classes will be made at least a half an hour before lessons begin. If the weather is questionable, call the Civic Center at 443-4174 before you set out. The first canceled class is not made up. Any subsequent canceled classes will be made up as needed.

Cancellation/Withdrawal Policy: All cancellation and/or withdrawal requests must be received at least 5 days prior to the beginning of the session. All cancellations and/or withdrawals are subject to a \$5 processing fee per child, per class. All cancellations and/or withdrawal requests received less than 5 days prior to the start of the session will be processed for 50% of the fees. Refunds will not be given, but rather an account credit which can be used for future lessons or Parks and Recreation programs. Any cancellations and/or withdrawals after the start of the session will not receive any credit or refund.

Instructors/Aides: Lesson instructors are water safety instructors and/or certified lifeguards. Lesson aides have completed water safety aide training.

Questions: May be directed to Andrea Woita, Swim Lesson Coordinator, WSI at (402) 430-4803

NOTE: Due to space limitations at the Civic Center pool and in order to maintain a conducive learning environment without distractions, all class sessions are closed to parents except for the first and last class. Thank you.

Parent and Child Aquatics Class

Developed for children 6 months to 3 years of age, the purpose of Parent & Child Aquatics is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water. **NOTE: Parent or caregiver must accompany each child into the water. Children ready to learn without a parent or caregiver should enroll in an appropriate class listed below.**

Preschool Aquatics

Designed for children 4 and 5 years old, the Preschool Aquatics classes will familiarize participants to the aquatic environment and help them acquire rudimentary, basic aquatic skills. This class will help participants begin to develop positive attitudes and safe practices in and around water.

Level 1

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

Learn-to-Swim Classes

Required Minimum Age: Students must be 6 years old by the start of the session in which they are enrolled. Prerequisites: The successful completion of the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below:

Level 1 — Introduction to Water Skills – Skills will be performed with assistance.

Helps participants feel comfortable in the water

- 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
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

Level 2 — Fundamental Aquatic Skills

Gives participants success with fundamental skills

- 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
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel 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

Level 3 — Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water

- Enter water by jumping from the side
- Head first 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