



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HORICON

2017 Swim Lessons

The YMCA swim lessons program is based on swimming skills that will allow participants to enjoy aquatic activities throughout their lives. These include personal safety, survival and rescue skills, stroke development, water sports and games. Please indicate the level that most appropriately fits your child's skill level with the list below.

All swim lessons will be held at the Horicon Aquatic Center. Lessons may be cancelled in the event that the air temperature drops below 60 degrees, the water temperature drops below 72 degrees, or if it is lightening or thundering. We reserve the right to combine or cancel classes. All swim classes may be combined or cancelled after the first day of class if a minimum enrollment of 4 children is not met. Each class time holds a maximum number of participants. We will be accepting limited registrations for each time frame to try to stay within YMCA guidelines of 1 instructor - to - 6 students maximum. Registration is on a first come, first serve basis. **Register early!**

PRESCHOOL LEVELS

Perch (Pr) Ages 2 - 3

Children start moving independently through the water without a parent, as well as learn how to adjust to a class situation.

Pike (Pk) Ages 3 - 5

This level helps children develop safe pool behavior, adjust to the water and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of instructional flotation devices and comfort holding their face in the water while blowing bubbles and swimming.

Eel (El) Ages 3 - 5

This advanced beginner level that reinforces Pike skills, for children who are comfortable in the water. Children are taught to kick, float and perform basic paddle strokes. Children can swim 10 yards with the flotation device and 5 feet without by the end of this level.

Ray (Ry) Ages 3 - 5

At this level children review previous skills, learn more personal safety and rescue skills, build endurance by swimming on their front and back and learn to tread water. Children can swim across the pool on their front and back without assistance by the end of this level.

Starfish (Sf) Ages 3 - 5

Children at this level review previously learned skills and refine their strokes, as well as their personal safety, rescue and floating skills. Children can swim one length of the pool on both front and back.

YOUTH LEVELS

Polliwog (Pl) Ages 6+

This is the beginner level for school age children. It gets children acquainted with the pool, the use of flotation devices, floating and basic swim strokes. By the end of this level they will know front, side and back stroke and will swim one length of the pool without assistance.

Guppy (Gp) Ages 6+

Children continue to practice and build upon basic skills, now performing skills without a flotation device. They are introduced to lead-up strokes to the front crawl and back crawl.

Minnow (Mn) Ages 6+

This is the initial intermediate level. Children further refine the lead-up strokes they have learned as their strokes become more like those normally used in swimming. They will continue to learn personal safety skills.

Fish (F) Ages 6+

At this point, children work to perform the crawl stroke, elementary backstroke, back crawl and breaststroke with turns. They will continue to learn additional swimming movements and personal safety.

Flying Fish (Ff) Ages 6+

At this advanced level, children work to perform the sidestroke and butterfly, refining previously learned strokes and increasing endurance.

Shark (Shk) Ages 6+

The children at this level continue to improve their strokes with starts and turns and are introduced to the inverted breaststroke, the trudgeon crawl and the over arm sidestroke. Opportunities are provided for the work on synchronized swimming, rescue skills and competitive swimming.

Porpoise (Porp) Ages 6+

At this final level children are exposed to a wide range of aquatic experiences. In class these advanced swimmers learn new strokes and rescue skills as well as develop leadership skills.

Parents Name _____ Emergency Contact _____

Address _____ Phone _____ (Circle One: Home Work Cell)

City _____ State _____ Zip _____ Relationship _____

Phone _____ (Circle One: Home Work Cell) School _____

Name	Date of Birth	Session	Level	Time
1 _____	_____	_____	_____	_____
2 _____	_____	_____	_____	_____
3 _____	_____	_____	_____	_____

Liability Waiver: I hereby certify that my child(ren) is/are in normal health and capable of safe participation in the YMCA/Horicon Swimming Lesson Program. I assume all risk and hazards incidental to the conduct of this program. I hereby authorize medical treatment for my child(ren) in the event that parents cannot be reached.

Signature _____ Date _____



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HORICON 2017 Swim Lessons

The YMCA of Dodge County will be providing swim lesson instruction at the Horicon Family Aquatic Center. Any questions regarding these programs or activities can be directed to the YMCA of Dodge County Youth & Adult Development Director at (920) 887-8811 ext.111.

All swimming lessons will be held at the Horicon Aquatic Center. Lessons may be canceled in the event that the air temperature drops below 60 degrees, or the water temperature drops below 72 degrees or if it is lightening/thundering. We reserve the right to combine or cancel classes. All swim lessons may be combined or cancelled after the first day of class if a minimum enrollment of 4 children are not met.

PRESCHOOL AND YOUTH SWIMMING LESSONS

Fees: \$25.00

Preschool and youth classes are 30 minutes in length. All classes are 4 days per week, Monday - Thursday. All children will be tested on the first day of class to ensure that they are at the right level. Please sign up for the time frame that works best for you. REGISTER EARLY... Space is limited!

REGISTRATION

Registration and fees are currently being accepted at the YMCA of Dodge County, Van Brunt School, or beginning June 3rd at the Horicon Aquatic Center during normal operating hours. **Registration form on reverse side.** Checks or money orders will only be accepted.

Make Checks/Money Orders payable to the YMCA of Dodge County.

For questions regarding swimming lessons or the Horicon Aquatic Center, contact the YMCA of Dodge County Youth & Adult Development Director at (920) 887-8811.

Session 1: June 19 - June 30

11:00 am - 11:30 am (ages 2-5)

11:35 am - 12:05 pm (ages 6+)

Make up day: June 23 & 30

Registration Deadline: June 12

Session 2: July 10 - July 21

11:00 am - 11:30 am (ages 2-5)

11:35 am - 12:05 pm (ages 6+)

12:10 pm - 12:40 pm (ages 6+)

Make up days: July 14 & July 21

Registration Deadline: July 5

Session 3: July 24 - August 4

10:25 am - 10:55 am (St. Stephens Day Care)

11:00 am - 11:30 am (ages 6+)

11:35 am - 12:05 pm (ages 2-5)

12:10 pm - 12:40 pm (ages 2-5)

Make up days: July 28 & August 4

Registration Deadline: July 17

Session 4: August 7 - August 18

10:25 am - 10:55 am (St. Stephens Day Care)

11:00 am - 11:30 am (ages 6+)

11:35 am - 12:05 pm (ages 6+)

12:10 pm - 12:40 pm (ages 2-5)

Make up days: August 11 & August 18

Registration Deadline: July 31

School Disclaimer: These materials are neither sponsored nor endorsed by the School District, its employees or agents. The materials, and the view and information they express, do not reflect the approval or disapproval of the district and/or school administration.