



## SCHOOL AGE SWIM LESSONS – SUN PRARIE HIGH SCHOOL POOL SUMMER 2017

### American Red Cross

#### Water Safety Classes Levels 1-4

**Ages 6-18 ONLY, no exceptions.**

#### Level 1: Introduction to Water Skills

This beginning level helps students feel comfortable in the water and introduces water skills, like blowing bubbles, beginning swimming on front and back.

#### Level 2: Fundamental Aquatic Skills

This level focuses on learning and improving fundamental water skills, like kicking and moving through the water, independent floating on front and back.

#### Level 3: Stroke Development

This level focuses on stroke development, such as rhythmic breathing for front crawl, elementary backstroke, beginning breaststroke and skills in deep water.

#### Level 4: Stroke Improvement

This level focuses on improving the basic strokes learned in previous levels as well as head first entries in deep water and pre-competitive skills. Students should also develop confidence in their ability to perform many aquatic skills in level 4.

#### Competitive Stroke Class

This class is for students who may have completed all of the “learn to swim” levels, and are looking for a way to stay active and involved in swimming lessons. This class is run similar to a swim team. Students will work on stroke technique, competitive diving, flip turns and more.

We will do swim tests on the first day of class to assure that your swimmer is placed at the appropriate level.

### HOW TO REGISTER

To sign up for swim lessons, please download the Word document found at:

<http://www.sunprairie.k12.wi.us/schools/high/pool/>

Print and complete the form and bring to the pool with your payment. You can also pick up registration forms at the pool. You may register either at the pool or via email beginning **JUNE 12**. Please check pool hours on the pool website listed above.

If you would like to email your registration, you may do so to [njharms@sunprairieschools.org](mailto:njharms@sunprairieschools.org). An email will be sent the week of June 12 to verify your registration. Bring cash or check the first day of class. (Checks made to Sun Prairie Area School District).

**\*Classes are limited to 5 students only**

#### Cost

Residents \$55

Non-residents \$65

Refunds will only be made if a class is full. Cash or check only please. We are not able to accept credit cards at this time.

Checks made to  
**Sun Prairie Area School District**

#### Summer 2017 Lesson Schedule Dates and Times

Session 1: June 19-23, 26-29, and July 5-6

Session 2: July 10-13, 17-20, 24-25

|                 |             |
|-----------------|-------------|
| 9:30-10:15 A.M. | All levels  |
| 12-12:45 P.M.   | All levels  |
| 4-4:45 P.M.     | All level s |

**We will conduct swim tests on the first day of class to be sure you have registered your swimmer for the appropriate level.**