

2024 Summer SWIM LESSONS



Lesson Format: The summer swim lesson program offers three sessions to choose from. Classes are held daily, Monday through Thursday during each session. Each session includes eight, 35-minute lessons. Review the table below for the specific class times in each session.

	FOR CIVIC CENTER MEMBERS	FOR NON-MEMBERS
Registration for: Session #1	Begins Tuesday, April 16 th @ 10am	Begins Tuesday, April 23 rd @ 10am
Registration for: Sessions #2 & #3	Begins Tuesday, May 7 th @ 10am	Begins Tuesday, May 14 th @ 10am

To sign up, you may register online or in-person at the Civic Center. 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! Parents are highly encouraged to initially register their child(ren) for only one session. Registration for subsequent classes should be made after the completion of your child's first session. *Please note and review our cancellation/withdrawal policy on the back.*

CLASS	SESSION #1 June 3 – 13	SESSION #2 June 17 – 27	SESSION #3 July 8 – 18
Preschool – Level 1	11:20am 5:10pm	10:40am	10:00am
Preschool – Level 2	10:00am	11:20am 5:10pm	10:40am
Level 1	10:00am 10:40am	10:00am 11:20am 5:10pm	11:20am
Level 2	10:40am 11:20am 5:10pm	10:00am 10:40am	10:00am 10:40am 11:20am
Level 3	10:00am 11:20am	10:00am 10:40am 5:10pm	10:00am 10:40am 11:20am 5:10pm
Level 4	10:40am 11:20am 5:10pm	11:20am 5:10pm	10:00am 11:20am
Level 5	10:40am 5:10pm	10:00am 10:40am	10:40am
Level 6	10:00am	11:20am	5:10pm

Parent & Child Aquatics Class: July 8 – 18 (during 3rd session, Monday through Thursday) from 5:10pm-5:45pm. For children ages 6 months to 3 years. Parent/caregiver must accompany the child in the water for each class.

****Age Restrictions**** Preschool Level 1 & 2 classes are for 4 & 5 year olds. The Red Cross mandated minimum age for Levels 1-6 is 6 years old by the start of the session.

Cost: For Parent & Child Class: Civic Center Members: \$30/student Non-Members: \$50/student
For Preschool Levels 1 & 2 and Levels 1-6: Civic Center Members: \$35/student Non-Members: \$55/student

Class Sizes: 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: Consult the attached 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.

Inclement Weather Policy: Due to inclement weather, classes may be canceled or moved to the Civic Center pool. The decision to cancel or move classes will be made at least 30 minutes before lessons begin. If the weather is questionable, call the Civic Center at (402) 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: In order to maintain a conducive learning environment, parents and chaperons are welcome to watch classes inside the facility in the picnic area directly south of the bathhouse only. All other viewing must be done outside the fences. Thank you for your cooperation.

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

Level 2

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on 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

Level 4 — Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

Level 5 — Stroke Refinement

Provides further coordination and refinement of strokes

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

Level 6 — Swimming and Skill Proficiency

Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances