

# 2017 Winter Swim Lessons

Class Times	Days	Classes	Session 1
6:00 - 6:35pm	Mon	PTOT, AQKD, Level 1, 3	Jan 23 - Mar 13
6:40 - 7:15pm	Mon	AQKD, Level 1, 2	
7:20 - 7:55pm	Mon	AQKD, Level 1, 2, Adult	

Class Times	Days	Classes	Session 2
7:00 - 7:35pm	Tues	PTOT, AQKD, Level 1, 3	Jan 24 - Mar 14
7:40 - 8:15pm	Tues	AQKD, Level 1, 2, 4	

Class Times	Days	Classes	Session 3
6:00 - 6:35pm	Wed	PTOT, AQKD	Jan 25 - Mar 15
6:40 - 7:15pm	Wed	AQKD, Level 1, 2	
7:20 - 7:55pm	Wed	AQKD, Level 1, 2	

**Fees:**  
**\$26 city resident**  
**\$39 non-city resident**

Swim lessons are being offered by the Watertown Park and Recreation Department. All lessons are taught at the **Indoor Pool located in Riverside Middle School at 131 Hall Street**. Each class is scheduled for eight, 35 minute sessions. **Classes that do not meet the minimum enrollment requirement may be cancelled due to lack of participation.**

## TO REGISTER.....

**Monday, December 19, 2016**, people who reside in the Watertown Unified School District may register beginning by either mailing-in or dropping-off their registration form. Please note that registration will not be processed at this time. Confirmation of your registration will be mailed to you. Please use the registration guidelines listed below:

1. Class fees must accompany each registration. Checks are payable to: **City of Watertown**
2. Use the provided registration form. Forms are also available in the Park and Recreation office.
3. List three choices in spaces provided on your registration form.
4. For mail-in / drop-off only, include a self-addressed, stamped envelope so that we may return a confirmation of your registration. **If an envelope is not enclosed, confirmation will not be sent.**

**Tuesday, December 27, 2016**, in-person/over the counter registration will be taken at the Watertown Park and Rec Office. This registration includes those people who reside outside of the Watertown Unified School District. All in-person registration shall be processed on a first-come, first-serve basis. Class fees must accompany each registration.

## SWIMMING LESSON REGISTRATION FORM

RETURN TO: Watertown Park & Rec. Department, 514 S. First Street, Watertown, WI 53094

Parent's Full Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Email \_\_\_\_\_

Registrant's First & Last Name	Age	Class Level	1st choice Session	Time	2nd Choice Session	Time	3rd Choice Session	Time	Fee

I understand the inherent risk of injury involved in participation in this sports program and verify that my child is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case my child is in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from this child's participation in this activity.  
**If mailed, enclose a self-addressed stamped envelope for confirmation.**

Parent or Participant Signature \_\_\_\_\_

Date \_\_\_\_\_

**Fees:            \$26 city resident            \$39 non-city resident**

# SWIMMING LESSON CLASS DESCRIPTIONS



PTOT -Parent and Tot

This is a structured recreational activity for parents and their children (suggested for 6 months to 3 years of age)

Aquakids – 4-6 years old

Exit Skills: Demonstrate both front, back, jellyfish and tuck floats, fully submerge head and demonstrate holding breath, demonstrate bobs, jump into the water, recover from front/back float/glide to vertical position, treading water, demonstrate forward progress with combined arm and leg actions on front and back, follow directives from instructor

Level 1 – must be at least 5 years old

Exit Skills: Jump into water, swim/paddle on front for 5 yards, float on front with face in for 5 seconds, roll to back, float on back for 5 seconds, recover to a standing position, return to the wall on front, swim/fin on back for 5 yards, roll over, swim/paddle back to the wall on front, perform 5 bobs fully submerging head, blowing bubbles and eyes open

Level 2 – successfully complete Level 1 exit skills

Exit Skills: Push off the wall into a front glide for 5 yards, then swim front crawl with rhythmic breathing for at least 10 yards, push off into a back glide for 5 yards, then swim back crawl for at least 10 yards, tread water for 30 seconds, demonstrate elementary backstroke kick for at least 5 yards, demonstrate sidestroke kick for at least 5 yards, pick up a submerged object from pool bottom with eyes open

Level 3 – successfully complete Level 2 exit skills

Exit Skills: Dive (compact/kneeling) into the water, swim front crawl with rhythmic breathing for 15 yards, then maintain position by treading water for 1 minute, then swim back crawl for 15 yards, demonstrate combined elementary backstroke for at least 10 yards, demonstrate breaststroke kick for at least 10 yards, demonstrate scissors kick for at least 10 yards, demonstrate butterfly kick and body motion for at least 5 yards

Level 4 – successfully complete Level 4 exit skills

Exit Skills: Swim front crawl with rhythmic breathing for 25 yards, then maintain position on back for 2 minutes (floating or sculling), then swim back crawl for 25 yards; dive into deep water from a standing position, then tread water for 2 minutes using 2 different kicks; swim continuously using the following strokes: 25 yds of breaststroke, sidestroke, elementary backstroke; demonstrate butterfly for at least 15 yds; demonstrate survival float for at least 2 minutes

Level 5 – successfully complete Level 4 exit skills

Exit Skills: Swim continuously using the following strokes – 50 yards of front crawl with rhythmic breathing and flip turn, 50 yards of back crawl with flip turn, 50 yards of elementary backstroke, 50 yards of breaststroke, 50 yards of sidestroke, 25 yards of butterfly, demonstrate survival float for 5 minutes, demonstrate survival swimming for 5 minutes, demonstrate a long shallow dive into deep water, then tread water for 5 minutes using at least two different kicks, no arms for 1 minute, demonstrate surface dives (feet-first, tuck and pike positions)