

2019 Winter Swim Lesson Schedule

Evening Swim Lessons

Class Times	Days	Classes	Session Dates
6:00-6:35 pm	MON	PTOT, AQKD, Level 1	1. Jan. 21- Mar. 11
6:40-7:15 pm	MON	AQKD, Level 1, 2	
7:20-7:55 pm	MON	AQKD, Level 1, 3, 4	

Class Times	Days	Classes	Session Dates
6:15-6:50 pm	WED	PTOT, AQKD, Level 1, 2	2. Jan. 23- Mar. 13
6:55-7:30 pm	WED	AQKD, Level 1, 2, 3	
7:35-8:10 pm	WED	AQKD, Level 1, 2, 4, 5	

FEES:
\$28/city resident
\$42/non-city resident

Register Online:

<https://watertownwi.recdesk.com/community>

Swimming lessons are being offered by the Watertown Parks and Recreation Department. All lessons are taught at the Indoor Pool located in Riverside Middle School, 131 Hall Street. Each class is scheduled for eight 35 minute sessions. Be sure to review the swim lesson course descriptions which briefly outline course content.

DATES TO REGISTER:

Monday, December 17-Watertown Unified School District Residents.

Wednesday, December 26—Anyone may register.

REGISTRATION PRIORITY:

1. Online at <https://watertownwi.recdesk.com/community>.
2. In person in the Park & Rec office.
3. Mailing-in or dropping-off of the registration form must include a self addressed, stamped envelope to receive a confirmation of lessons. Class fee 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: _____ Alt. Phone: _____

Address: _____ City: _____ Zip: _____

Email Address: _____

Students 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

Swimming Lesson Class Descriptions

PTOT—Parent & Tot

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

Aqua Kids—4-6 years old

Exit Skills: Demonstrate both front and back float skills, put face in the water and blow bubbles, submerge head and demonstrate bobs, without assistance jump off and swim/paddle back with confidence, follow directives from instructor.

Level 1—must be 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 3 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 yards of breaststroke, sidestroke, elementary backstroke; demonstrate butterfly for at least 15 yards; 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 2 different kicks, no arms for 1 minute, demonstrate surface dives (feet-first, tuck and pike positions).

