American Red Cross Learn to Swim Program

Swim Lessons

The "Learn to Swim" lesson program is conducted by the AMERICAN RED CROSS CERTIFIED WATER SAFETY INSTRUCTORS and is designed to teach swimming skills and to promote and develop a positive and safe atmosphere around water. Participants must furnish their own suit and towel.

Location: Signicast Aquatic Center
Instructor: Staff
Enrollment: Varies
Fee: Res. $37, Non-Res. $52

Day & Dates:

MONDAY
Session 1: Sept. 14 - Nov. 2
Session 2: Nov. 9 - Jan. 4
Note: (No class Dec. 28)

WEDNESDAY
Session 1: Sept. 16 - Nov. 4
Session 2: Nov. 11 - Jan. 13
Note: (No class Nov. 25 & Dec. 30)

SATURDAY
Session 1: Sept. 12 - Oct. 31
Session 2: Nov. 7 - Jan. 16
Note: (No class Nov 28, Dec. 26 & Jan. 2)

Note: Registration for only one session per child is allowed through Sept. 4. Beginning Sept. 8 registration for additional sessions will be accepted.

If you register for more than one session, please register for the level the child is currently at. Most children require taking a level more than once in order to successfully complete the requirements for the level. If your child does pass, and you have already enrolled them in that level again, please call the office immediately so we can attempt transfer the child to the next level. If we are unable to move the child to the next level, you are welcome to re-take the class they passed or get a complete refund. It is easier for staff to move children ahead if they do pass, then to move them back if they don't.

SIGNICAST FAMILY INDOOR AQUATIC CENTER SWIM LESSONS	Session 1 - once a week for 8 weeks												
	Monday Sept. 14 - Nov. 2				Wednesday Sept. 16 - Nov. 4				Saturday Sept. 12 -Oct. 31				
	5:00 pm	5:45 pm	6:30 pm	7:15 pm	5:00 pm	5:45 pm	6:30 pm	7:15 pm	8:00 am	8:45 am	9:30 am	10:15 am	11:00 am
Polliwog		●											
Guppy							●			●			●
Sunfish	●	●				●				●	●		
Dolphin		●	●		●			●			●		
Turtle			●		●		●				●	●	
Level 1 - Intro to Water Skills	●					●		●	●			●	●
Level 01 - (Age 8) - Intro to Water Skilss				●			●						
Level 2 - Fundamental Skills	●		●	●	●			●		●			●
Level 3 - Stroke Development				●		●			●			●	
Level 4 - Stroke Improvement									●				
Level 5/6 - Stroke Refine/Fitness													

SIGNICAST FAMILY INDOOR AQUATIC CENTER SWIM LESSONS	Session 2 - once a week for 8 weeks												
	Monday Nov. 9 - Jan. 4*				Wednesday Nov. 11 - Jan. 13*				Saturday Nov. 7 - Jan. 16*				
	5:00 pm	5:45 pm	6:30 pm	7:15 pm	5:00 pm	5:45 pm	6:30 pm	7:15 pm	8:00 am	8:45 am	9:30 am	10:15 am	11:00 am
Polliwog		●											
Guppy							●			●			●
Sunfish	●	●				●				●	●		
Dolphin		●	●		●						●		
Turtle			●		●		●				●	●	
Level 1 - Intro to Water Skills	●					●		●	●			●	●
Level 01 - (Age 8) - Intro to Water Skilss				●			●						
Level 2 - Fundamental Skills	●		●		●			●		●			●
Level 3 - Stroke Development				●		●			●			●	
Level 4 - Stroke Improvement								●	●				
Level 5/6 - Stroke Refine/Fitness				●									

* NO Class Dec. 28 *NO Class Nov. 25 & Dec. 30 *NO Class Nov. 28 Dec. 26 & Jan. 2

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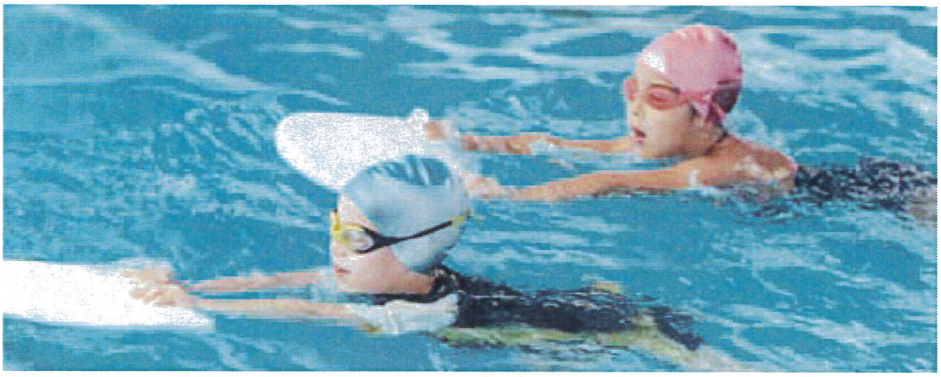

SWIM LESSONS – CLASS DESCRIPTION

Minimum age of 5 for Level 1. All other levels requires successful completion or demonstration of the skills in the previous level.

Level I - Intro to Water Skills Must be at least **5 years old**. At this time, a parent (or someone 16+) is needed in the water with the child. Goal: Feel comfortable in the water. Skills: Water safety, submerging head, using arms and legs on front & back, exhaling under water, floating front & back, treading water.

Level 01 - Older Intro to Water Skills **(Age 8+)** At this time, a parent (or someone 16+) is needed in the water with the child. Are you an older youth looking to learn basic water skills? You will be in a class with other kids your age (8 and up) who are also learning how to swim. Learn water safety, front and back crawl, exhaling under water, floating and treading water.

Level 2 - Fundamental Skills Goal: Success with fundamental skills. Skills: Front & back glide, treading water, jellyfish float and tuck float, combined stroke on front & back, changing directions while swimming, rolling front to back.

Level 3 - Stroke Development Goal: Build on level 2 skills plus more. Skills: Reaching assist, front & back crawl, standing dive, rotary breathing, butterfly, scissors, flutter and breaststroke kick on front, survival float.

Level 4 - Stroke Improvement Goal: Develop confidence & improve skills. Skills: Diving compact and stride entries, sidestroke, dolphin kick and flutter on back, elementary backstroke, breaststroke, butterfly, throwing assist.

Level 5 - Stroke Refinement Goal: Provide coordination & refinement. Skills: Survival swimming, open turns, rescue breathing, flip turn, continued practice with the elementary backstroke, breaststroke, sidestroke and butterfly, sculling, tuck pike, surface dives.

Level 6 - Fitness Swimmer Goal: Improve stroke, speed and endurance. Skills: All Level 5 skills will be worked on and include turns. Plus new skills include etiquette in swimming, use of a pace clock, pull buoy, fins, principles of fitness program, calculating target heart rate and applying principles of water exercise.

Level 6 - Diving & Aquatic Development
With proper instruction, diving can be safe and enjoyable. Try this class to learn the progressions of diving from deck and the board.

Polliwog
(Ages 6 mo. - 18 mos., With Parent)
Provides experiences and activities for children to explore the water to feel comfortable.

Guppy
(Ages 18 mo. - 3 yrs., With Parent)
Builds upon the experience and activities in Polliwog including gliding, submerging and assisted strokes.

Sunfish **(Age 3)**
At this time, a parent (or someone 16+) is needed in the water with the child. Orients children to the aquatic environment and helps them gain basic aquatic skills - putting head in water, gliding, floating, rolling, treading, alternating leg and arm actions.

Dolphin **(Ages 4-5)**
At this time, a parent (or someone 16+) is needed in the water with the child. Helps children gain greater independence in their skills and develop more comfort in and around water – bobbing, floats and glides, finning, combined arm and leg actions.

Turtle **(Ages 4-5)**
At this time, a parent (or someone 16+) is needed in the water with the child. Helps children start to gain basic swimming propulsive skills to be comfortable in and around water – jumping in, fully submerging, front floats, jellyfish floats and tuck floats, change direction of travel.

Lifeguards & Swim Instructors Needed

Are you already certified as a lifeguard or WSI? We have part-time work schedules available including early morning, daytime and evenings. Wages range from $9.25 - $11.00 for lifeguard and $10.00 to $10.75 for instructors. Benefits will also include quarterly full membership to the Recreation Center. Call 670-3730.

REGISTRATION FORM

HARTFORD PARKS & RECREATION DEPARTMENT
125 N. Rural Street, Hartford, WI 53027 (262) 670-3730
Fax (262) 673-8303

Family Last Name _____

Family E-mail _____

Street _____ City _____ Zip _____

Primary Phone (Name & Number) _____ (____) ____-_____

Secondary Phone (Name & Number) _____ (____) ____-_____

Participant's Name	Sex	D.O.B.	Age	Grade	Program	Location	Day(s)	Date(s)	Time	Fee
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		/ /								
		/ /								
		/ /								

LIABILITY WAIVER: All participants are required to sign the following release. Parents or guardians must sign for minors. I, the undersigned, do hereby agree, or agree for the above named registrant for whom I am the parent or guardian, to participate in the activity indicated am aware of and understand that there may be risks and hazards inherent with participants in this activity. I affirm that I, or the minor registered for this activity, am doing so as a voluntary participant. In consideration of my participation or participation of the minor I do hereby agree to release, waive, absolve, indemnity on behalf of myself or minor, my/his/her family, my/his/her heirs and my/his/her assigns the City of Hartford, its employees, officers, agents and sponsors from liability for injury, death or loss suffered by me or the minor in any and all present and future claims, liabilities, damages or right of action directly or indirectly resulting out of participation in the activity, using the facilities, or engaging in any activities incidental thereto during the duration of the scheduled program, which result from the ordinary negligence for the City of Hartford, its employees, officers, agents and sponsors. The City of Hartford does not provide accident insurance to participants in recreational activities and I assume full responsibility for any and all injuries or damages which may occur to me while participating.

MEDICAL EMERGENCY RELEASE WAIVER FOR MINORS: In the event of a medical emergency, I authorize the Parks and Recreation Department Staff to obtain medical treatment for my son/daughter or minor for which I am guardian.

PHOTO RELEASE: I agree to allow publication of any photos taken at any program, event or facility of the City of Hartford Parks and Recreation Department.

MEDICAL INFORMATION: If there are any medical conditions/allergies/disabilities the instructor/program supervisor should be aware of, the participant or parent of the participant should discuss this with the instructor/program supervisor the first time the program meets.

X Signature _____ Date _____

Total Fee $ _____

PAYMENT METHOD

_____ Cash _____ (Check Payable to the City of Hartford)

_____ Mastercard _____ Visa

Card No. _____

Exp. Date (month & year) _____ / _____

V-Code (on back of card) _____

OFFICE USE

Res/NR _____ Date Rec'd _____ By _____