



SWIM LESSONS



SEPTEMBER | OCTOBER

REGISTRATION BEGINS:

MEMBER

Monday, August 19, 2019



NON-MEMBER

Tuesday, August 20, 2019

 **PARENT/TOT • 30 Minutes**

A parent must accompany child in the water. Children will learn to adjust to the water and do supported movements.

 **PRESCHOOL • 30 Minutes**

Preschool is a step up from Parent/Tot. Children will learn water exploration. If you wish to accompany your child in the water, please get approval with the Aquatics Team Lead prior to the beginning of lessons. Children should be 3 years old to begin.

 **PRESCHOOL PLUS • 30 Minutes**

Parents are not required to accompany children. Children will learn independent movements and prepare for Level 1.

 **LEVEL 1 - Water Exploration • 40 Minutes**

Children will learn face submersion, unsupported floating, kicking and safety. Children should be five years old to begin Level 1.

 **LEVEL 2 - Primary Skills • 40 Minutes**

Children will gain increased independence, learn rhythmic breathing, back crawl and turning over.

 **LEVEL 3 - Stroke Readiness • 40 Minutes**

Children will improve front crawl, learn elementary backstroke and treading water.

 **LEVEL 4 - Stroke Development • 40 Minutes**

Children will learn breaststroke, sidestroke, turns at the wall and increased endurance.

 **YOUTH SWIM CLUB • 55 Minutes**

Our WAC Swim Club is for advanced swimmers needing to improve their endurance and stroke development.

LAKE COUNTRY SWIM LESSONS

Sunday _____

2:00pm Level 1/2
2:40pm Level 3/4

Monday _____

5:00pm Preschool/
Preschool+
5:30pm Level 1/2
5:30pm Swim Club
6:15pm Parent/Tot
6:45pm Level 3/4

Tuesday _____

5:00pm Level 3/4

Wednesday _____

5:00pm Level 1/2
5:40pm Preschool/
Preschool+

Friday _____

10:30am Preschool/
Preschool+
11:00am Parent/Tot
11:30am Preschool
Preschool+

Saturday _____

9:30am Swim Club

GENERAL INFORMATION

SESSION LENGTH

Swim Lesson sessions run for seven weeks.

CLASS SIZE

It is common practice for most levels to have a ratio of 6:1 students to instructor. However, the ratio of class participants to instructor will vary on the club, the level being taught and experience of the students. Please talk to the club's Aquatics Team Lead for specifics.

STUDENT ABSENCE

If you are unable to make your scheduled swim class, please take advantage of the open-swim pool times to swim with your child and help them practice their current class skills. Credit will be given to students missing 50% or more of scheduled classes due to medical illness only. Credits can be applied to registration in future swim programs.

FEE

\$60 for Members and \$95 for Non-Members
To qualify for the member rate, the child must be on the membership for the entire session.

REGISTRATION

Registration is taken at the location you will attend classes and is first-come, first-serve. Payment must accompany registration to ensure your spot. **To register...???**

PRIVATE AND SEMI-PRIVATE

WAC offers Private Swim Lessons for all ages and abilities. If you want to learn how to swim, or just want to sharpen your skills, this might be right for you. Lessons are 30 or 60 minutes in length and can be scheduled at your convenience. Semi Private groups of only two or three will focus on what the group of individuals desire to learn.

WHIRLPOOL

No one under 6 years of age allowed in the whirlpool. Children 6-12 years must be supervised by an adult.



Wisconsin Athletic Club
FIND YOUR FIT.