

# 2011 Horicon Summer School

## Swimming Lessons

The YMCA of Dodge County is in collaboration with the Horicon School District and the City of Horicon will be providing swim lesson instruction and lifeguard management of the Horicon Aquatic Center. Any questions regarding these programs or activities can be directed to Michele Ollanketo, Asst. Aquatics Director at 920-887-8811.

All swimming lessons will be held at the **Horicon Aquatic Center**. Lessons may be cancelled in the event that the water temperature drops below 72 degrees, the air temperature drops below 60 degrees, or if it is storming. Please listen to WBEV1430 for these cancellations. All swim classes may be combined or cancelled after the first day of class if a minimum enrollment of 4 students is not met.

### Preschool and Youth Swimming Lessons

<b>Fees:</b> \$16.00/Session (District)	\$24.00/Session (Non-District)
Preschool Classes (Pike, Eel, and Ray Classes)	30 minutes in length.
Youth classes (Starfish, Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark, and Porpoise)	30 minutes in length.

Sessions I-V are four days per week                      Monday-Thursday

*\*All of the kids will be tested on the first day of class to ensure that they are in the right level. Please sign up for the time frame that works best for you. There are limits for each time frame-first come, first serve basis.*

#### Session I - June 20– June 30

*Make up days June 24 and July 1*

Times:  
 10:00-10:30 AM (limit 40 youth)  
 10:35-11:05 PM (limit 40 youth)  
 11:10-11:40 PM (limit 30 pre-school)

#### Session II - July 5 -July 14 make up 7/15

*Class will run Tuesday through Friday 7/5-7/8*

Times:  
 11:00-11:30 AM (limit 40 youth)  
 11:35-12:05 PM (limit 40 youth)  
 12:10-12:40 PM (limit 30 pre-school)

#### Session III - July 18– July 28

*Make up days July 22 and July 29*

Times:  
 11:00-11:30 AM (limit 40 youth)  
 11:35-12:05 PM (limit 40 youth)  
 12:10-12:40 PM (limit 30 pre-school)

#### Session IV - Aug 1-Aug 11

*Make up days August 5 and August 12*

Times:  
 11:00-11:30 AM (limit 40 youth)  
 11:35-12:05 PM (limit 40 youth)  
 12:10-12:40 PM (limit 30 pre-school)

#### Session V - Aug 15-Aug 25

*Make up days August 19 and August 26*

Times:  
 11:00-11:30 AM (limit 40 youth)  
 11:35-12:05 PM (limit 40 youth)  
 12:10-12:40 PM (limit 30 pre-school)

**REGISTRATION:** All registrations must be mailed to the YMCA of Dodge County, Attn: Michele Ollanketo, 220 Corporate Dr. Beaver Dam, WI 53916 All checks made out to YMCA of Dodge County. Any questions regarding summer school swim lessons should be directed to Michele Ollanketo, Asst. YMCA Aquatics Director for the Horicon Aquatic Center @ 887-8811.

#### Youth Swim Team

The Horicon Swim Team is for individuals who would like to swim on a more competitive level. This is an opportunity for boys and girls 18 years and younger to swim competitively. Swimmers are divided into the following age groups: 8 and under and 9 and above. Competitive swim meets, both home and away, will be scheduled throughout the summer. \$35(district), \$45(non-district) Practice begins 6/20/11. No practice week of July 4th-8th.

Monday / Wednesday	6/20/11-6/30/11	8:45-9:45	7/11/11-8/4/11 9:45-10:45
Tuesday/ Thursday	6/21/11-8/4/11	5:00-5:45	

# 2011 Horicon Summer School

## *Swimming Lessons*

The YMCA swim lessons program is based on swimming skills that will allow participants to enjoy aquatic activities throughout their lives. These include personal safety, survival and rescue skills, stroke development and water sports and games. Below, we have listed each level and the corresponding Red Cross level for easy identification. We will be testing all of the students on the first day of each session to determine appropriate class placement. Please indicate the level that most appropriately fits your child's skill level. We will be accepting limited registrations for each time frame to try to stay within YMCA guidelines of 1 instructor to 8 students maximum for youth levels and 1 instructor to 6 students maximum for preschool. Each class time has a maximum number of participants. Register Early! **Registration is on a first come, first serve basis.**

**Pike**                      **Ages 3-5 (without parent)**  
 This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle strokes and kicking skills, pool safety, proper use of instructional flotation devices and personal flotation devices and comfort with holding the face in the water while blowing bubbles and swimming.

**Eel**                         **Ages 3-5 (without parent)**  
 This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle strokes. They also learn basic boating safety and use personal flotation devices. Children can swim across the pool without assistance by the end of this level.

**Ray**                        **Ages 3-5 (without parent)**  
 At this level children review previous skills, learn more personal safety and rescue skills, build endurance by swimming on their front and their back and learn to tread water. Children can swim across the pool on their front and back without assistance by the end of this level.

**Starfish**                 **Ages 3-5 (without parent)**  
 Children at this level review previously learned skills and refine their strokes as well as their personal safety, rescue and floating skills. Children can swim the length of the pool on their front and back without a flotation device. Children are also introduced to diving.

**Polliwog (Level I)**     **Ages 6 and Up**  
 This is the beginner level for school age children. It gets children acquainted with the pool, the use of flotation devices, and floating. By the end of this level, they should know the front, side and back paddle. Children can swim across the pool without assistance or flotation device by the end of this level.

**Guppy (Level II)**     **Ages 6 and Up**  
 The children continue to practice and build endurance in all strokes and are introduced to diving. The children will be able to swim three lengths of the pool on their front and back by the end of this level.

**Minnow (Level III)**   **Ages 6 and Up**  
 This is the initial intermediate level. The children further refine the strokes they have learned. They learn new strokes, more diving and personal safety skills. Students swim six lengths on their front and back by the end of this level.

**Fish (Level IV)**       **Ages 6 and Up**  
 At this point, students work to perform the front crawl, elementary backstroke, back crawl and breaststroke with flip turns. They continue learning additional swimming strokes and personal safety. Students will be able to swim ten lengths on their front and back by the end of this level.

**Flying Fish (Level V)** **Ages 6 and Up**  
 At this advanced level, students work to perform the sidestroke and butterfly, refining previously learned strokes and increasing their endurance. Students will be able to swim 350 yards (14 lengths) by the end of this level.

**Shark (Level VI)**     **Ages 6 and Up**  
 The students at this level continue to improve their strokes with starts and turns and increase their endurance to 500 yards on front and back. Rescue skills and competitive swimming are introduced.

**Porpoise (Level VII)** **Ages 6 and Up**  
 At this final level students build their endurance to 700 yards on their front and back as well as working up to 200 yards breast stroke and 100 yards butterfly. Students learn treading water with a brick and are also introduced to junior life guarding skills.

Parents Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_  
 City \_\_\_\_\_  
 School \_\_\_\_\_

Name:	Date of Birth:	Session:	Level:	Time:
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____

*Liability Waiver: I hereby certify that my child/ren is/are in normal health and capable of safe participation in the Horicon Swimming Lessons Program. I assume all risk and hazards incidental to the conduct of this program. I hereby authorize medical treatment for my child in the event that parents can't be reached.*

Signature \_\_\_\_\_ Date \_\_\_\_\_