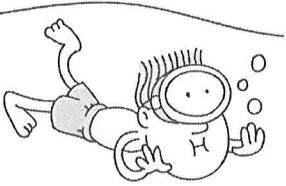


## City of Elkader

# 2017 SWIMMING LESSON REGISTRATION



(Please keep this page for future reference)

- Registration deadline is ten days before lessons are scheduled (\$5 late fee after deadline)
- Class will be filled on a first come, first served basis.
- Certified Red Cross Water Safety Instructors will teach the courses with the help of lifeguards.

### Schedule for regular group lessons for children 5 years old or older:

Classes are \$30 and are 45 minutes long and will meet M-Th (Fridays will be make-up days if needed)

**July 17-28:** at 9:00 a.m. - level 3 and swim aide will be offered;  
at 10:00 a.m. levels 1 and 4 will be offered;  
at 11:00 a.m.- levels 2 and 5 will be offered  
at 5:30 p.m. - level 3 and swim aide will be offered;  
at 6:30 p.m. - levels 1 and 4 will be offered;  
at 7:30 - levels 2 and 5 will be offered

### **Level I - Introduction to Water Skills**

\* Enter/Exit Water \*Open eyes under water \* Retrieve object \*Front/Back Float/Glide with support \*Fully submerge & hold breath/bobbing \*Treading Water in chest-deep water is introduced

### **Level II - Fundamental Aquatic Skills**

\* Enter/Exit Water \*Front/Back Float/Glide \*Fully submerge & hold breath/bobbing \*Treading Water is introduced

### **Level III - Stroke Development**

\* Rotary Breathing \* Introduce Diving Skills \* Introduce Front Crawl & Elem Backstroke \* Child must be able to front/back float well

### **Level IV - Stroke Improvement**

\* Increase endurance for Front and Back Crawl \* Introduce Butterfly, Sidestroke, and Breaststroke  
\* Survival Swimming/ underwater swimming

### **Level V - Stroke Refinement**

\* Refine performance of all strokes: Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, and Sidestroke \* Learn Flip Turns, sculling, surface dives

### **Swim Aide - Swimming and Skill Proficiency**

\* Students learn to swim with more ease, efficiency, power and smoothness over greater distances  
\* Includes intro to lifeguarding and equipment-based rescues, spinal injury management, post-rescue care, First-Aid, and CPR

**Preschool Aquatics:** Designed for ages 3-5, students will learn basic aquatic safety and survival skills to increase children's comfort level in and around the water.

Mondays - June 12, 19, 26                      6:30-7:00 p.m. or 7:00-7:30 p.m.                      \$20.00

**Private lessons:** Private lessons should be scheduled through the pool manager by calling 245-1510 once the pool opens. The cost is \$65 for five, half-hour lessons.

**Lessons for adults:** At this time, no group lessons for adults are scheduled, but please call the Pool Manager and inquire. The Pool Manager will keep a list and if there are enough interested, a class will be scheduled. Private lessons may also be a good option.

**You will be contacted if you are not able to be in the session of your choice.**

**CANCELLATIONS:** Swimming lessons may be cancelled due to severe weather, extreme cold, or pool maintenance difficulties. Cancellations will be announced on FM 100 and will also be posted on Facebook/Elkader Swimming Pool. If unsure whether lessons are cancelled, please call the pool before coming at (563)245-1510.

**OBSERVATIONS:** You are welcome to watch your child on the FIRST AND LAST days of the sessions only. Please honor this request; your presence often distracts the swimmers. Please also stay **outside the fence** when watching your child(ren).

Return registration to the Elkader Pool  
or  
drop off at Elkader City Hall (207 North Main - PO Box 427- Elkader, IA 52043)  
or  
registration may also be dropped off at the school before June 2<sup>nd</sup>.

**Make checks payable to City of Elkader**