

ALL LESSON FEES ARE DUE & PAYABLE AT TIME OF REGISTRATION - CHECKS PAYABLE TO WEED RECREATION DISTRICT

GROUP CLASSES-

SESSION 1	June 15th to June 26th
SESSION 2	June 19th to July 10th
SESSION 3	July 13th to July 24th

PLEASE NOTE-

SKILL TEST ON THE FIRST DAY OF CLASS TO EVALUATE CURRENT SWIMMING ABILITY & PROPER PLACEMENT

PLEASE MAKE EVERY EFFORT TO REGISTER YOUR CHILD IN THE LEVEL BEST SUITED TO THEIR SWIMMING ABILITY, SOME MAY NEED TO REFRESH THEIR SKILLS BY REPEATING A CLASS TAKEN LAST SUMMER **BEFORE** ADVANCING TO A HIGHER LEVEL RIGHT AWAY

ATTENDANCE AT ALL CLASSES AND EXTRA PRACTICE IS VERY IMPORTANT IN ORDER FOR YOUR CHILD TO MASTER ALL SKILL REQUIREMENTS

NO SIGN-UPS ON 1ST DAY OF SESSION- CALL FOR SPACE AVAILABILITY AFTER 1:00PM

**REFUND POLICY: NO REFUNDS AFTER CLASSES BEGIN-"SWIM BUCKS" GIVEN AS CREDIT FOR LESSON FEES
--

NO OBSERVERS INSIDE THE POOL AREA UNTIL THE LAST DAY OF EACH SESSION- INSTRUCTORS NEED YOUR CHILD'S FULL ATTENTION!!

<u>CLASS</u>	<u>SESSION</u>	<u>TIME</u>	<u>CLASS DESCRIPTION</u>
PRE-SCHOOL A AGES 3-5 (30 MIN) (WADING POOL)	1,2,3		BASIC INSTRUCTION FOR CHILDREN (3-5) TO GAIN A HIGH COMFORT LEVEL IN & AROUND WATER AND A READINESS TO SWIM. THIS COURSE DOES NOT TEACH CHILDREN TO BE ACCOMPLISHED SWIMMERS OR TO SURVIVE IN THE WATER. STUDENTS WILL BE INTRODUCED TO THE BIG POOL DURING THE 2-WEEK SESSION. FIVE STUDENTS PER CLASS.
PRE-SCHOOL B AGES 3-5 (30 MIN) (BIG POOL)	1,2,3		STUDENTS MUST BE READY FOR BIG POOL- BASIC WATER ADJUSTMENT, SUBMERGE FACE, FLOATING, ALTERNATION ARM ACTION, SAFETY RULES, WITH HELP OF INSTRUCTOR- FIVE STUDENTS PER CLASS
LEVEL 1 & 2 AGES 6 & OVER (40 MIN)	1,2,3 1,2,3 1,2,3		LEVEL 1 THIS LEVEL WILL INTRODUCE WATER ADJUSTMENT, SUBMERGE FACE, FLOATING, ALTERNATING ARM ACTION & SAFETY RULES, WITH HELP OF INSTRUCTOR. SIX STUDENTS (max) PER LEVEL DEMONSTRATE COMPETENCY IN LEVEL 1 SKILLS. WILL INTRODUCE FULLY SUBMERGED HEAD, EXPLORE DEEP WATER. FLOAT. LEVEL 2 LEVEL OFF, RHYTHMIC BREATHING, TURNING OVER, COMBINED STROKES FRONT & BACK, SAFETY RULES. SIX STUDENTS (max) PER LEVEL
LEVELS 1 & 2 ARE TAUGHT AT THE SAME TIME WITH SEPARATE INSTRUCTORS			
LEVEL 3 (40 MIN)	2		DEMONSTRATE COMPETENCY IN LEVEL 2 SKILLS. THIS CLASS WILL INTRODUCE RETRIEVING OBJECT WITH OPEN EYES, BOBBING, DIVING FROM EDGE, CRAWL STROKE ON FRONT & BACK, DEMONSTRATE ELEMENTARY BACKSTROKE & TREADING WATER & SAFETY RULES. STUDENTS SHOULD BE ABLE SWIM THE WIDTH OF THE POOL.
LEVEL 4 (40 MIN)	3		DEMONSTRATE COMPETENCY IN LEVEL 3 SKILLS. THIS CLASS WILL BUILD ENDURANCE IN ELEMENTARY BACKSTROKE, FRONT CRAWL AND BACK CRAWL, THE BASICS OF THEIR BREASTSTROKE, SIDESTROKE & TURNING AT THE WALL, ALTERNATE KICKS FOR TREADING WATER & SAFETY RULES.
LEVEL 5 (40 MIN)	TBA		DEMONSTRATE COMPETENCY IN LEVEL 4 SKILLS. OBJECTIVES WILL BE TO DEMONSTRATE ALTERNATE BREATHING, DIVING FROM DIVING BOARD, NEW WATER ENTRIES, INCREASE ENDURANCE IN FRONT CRAWL, BACK CRAWL & ELEMENTARY BACKSTROKE, REFINE BREASTSTROKE & SIDESTROKE, DOLPHIN KICK & SAFETY RULES
LEVEL 6 (40 MIN)	TBA		DEMONSTRATE COMPETENCY IN LEVEL 5 SKILLS. INCL: ADVANCED DIVING SKILLS, ENHANCE ABILITY TO PERFORM STROKES INTRODUCED AT PREVIOUS LEVELS, APPROACH STROKE, FLIPTURNS, SURFACE DIVES, SAFETY RULES.

PRIVATE LESSON	NOON & 12:30		PRIVATE LESSONS FOLLOW RED CROSS STANDARDS PER LEVEL 1-6
(M-TH)	6/22-26	7/13-17	ONE STUDENT PER INSTRUCTOR UNLESS APPROVED BY POOL SUPERVISOR
(35 MIN.)	6/29-7/3	7/20-24	STUDENT MUST BE AT FIVE YEARS OF AGE & READY FOR LEVEL 1 & 2 SKILLS
	7/6-10		NO PRE-SCHOOL LEVEL PRIVATE LESSONS!!

CLASSES WILL BE CANCELLED FOR THE FOLLOWING REASONS: LIGHTNING; UNSEASONABLY COLD/WINDY; MECHANICAL ISSUES AFFECTING POOL TEMPERATURE OR CHEMICAL BALANCE
 CANCELLED CLASSES MAY BE RE-SCHEDULED IF POSSIBLE. FOR WEATHER ALERTS & LESSON UPDATES-FOLLOW US ON FACEBOOK OR VISIT OUR WEBSITE: WWW.WEEDREC.ORG

POOL OFFICE 938-4701 ***REC OFFICE 938-4685	**REGISTRATION POLICY: MINIMUM REGISTRATION REQUIRED OR CLASSES WILL BE CANCELLED & FEES REFUNDED.
--	---