

2020



Summer School Swimming

A complete packet of all summer school courses will be available soon. Due to online registration methods, we must first register all swimming students. Registration for all other classes will occur in May.

All classes are group lessons with an average of 5 - 7 students per class. **For safety reasons, all students must be a minimum of 45" tall to register for Level 1 or above classes.**

No 4K students will be eligible or scheduled for swimming.

Instructors consider the following list of levels and the necessary prerequisite skills. Instructors use record keeping & testing to determine the appropriate swimming level for children.

NEW TO SUMMER SCHOOL SWIMMING? If your child has never attended swimming lessons during summer school, please check the most applicable.

- ☐ Level 1 - Introduction to Water Skills
No prerequisite skills required.
- ☐ Level 2 - Fundamental Aquatic Skills
Prerequisite Skills
 1. Float on front (with support), roll to back and float on back (with support).
- ☐ Level 3 - Stroke Development
Prerequisite Skills
 1. Float on front and back for 5 seconds in chest-deep water
 2. Push off and swim 15 feet on both front and back using a combination of arm and leg actions.
- ☐ Level 4 - Stroke Improvement
Prerequisite Skills
 1. In chest-deep water, swim both the front crawl (with rhythmic breathing) and back crawl for 15 feet.
 2. Maintain a treading or floating position for 30 seconds
 3. Butterfly - kick and body motion
- ☐ Level 5 - Stroke Refinement
Prerequisite Skills
 1. In chest-deep water, swim the front crawl and back crawl for 25 yards each
 2. In chest-deep water, swim elementary backstroke & breaststroke for 15 yards each
 3. Tread water for 1 minute
 4. Butterfly
 5. Swim on side with scissors kick
- ☐ Level 6 - Fitness Swimmer
Prerequisite Skills
 1. Swim 50 yards each of the front & back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
 2. Tread water using two different kicks
 3. Shallow dive from the side
 4. Tuck and pike surface dives
 5. Flip turns and open turns on front and back

Children who do not spend much time swimming often have a skill regression. Swimming instructors reserve the option to move students to other levels based on current abilities, even if that level has been passed during the previous summer.

☐ 1st session preference ~ June 8th - June 19th

☐ 2nd session preference ~ June 22nd - July 3rd

☐ No Preference

My child will be in Level _____

Students will be assigned to a class period within your session choice by the swimming instructors. Students attending Summer School classes will be escorted to and from Westby Middle School for their swimming lesson.



*** NOTICE ***

In the event of inclement weather, thunderstorms or temperatures below 60 degrees, swimming lessons will not be held at the pool. Instead the children will be shown a safety video at Westby Middle School. If you are unsure about the status of lessons, please call the pool at 634-4200. We want swimming lessons to be a pleasurable experience for your child, so please use discretion regarding swimming on cold days. For attendance purposes, please call to check in on the days your child will not be attending.

Students absent during the first two days of scheduled class without prior notice to instructors will be dropped to accommodate 'wait list' students. Dropped students may re-register if space allows.

All late registration for swimming will occur at Westby Middle School during the first week of SS. There is a good possibility that no spot will be available at late registration. In the event of full classes, late registrants will be placed on a waiting list and notified by instructors. To minimize distractions, parents are welcome to watch lessons, but must remain outside the fenced area.

Student

School Attending

Grade for 19/20 Year

Parent Name

Phone Number

Students attending "Summer Fun at Coon Valley School" and wishing to attend swimming lessons will be bussed to and from Coon Valley School during 1st Session to attend 4th period swimming.

The bus will leave Coon Valley at 11:25 and return at approximately 1:00.

**PLEASE RETURN THIS FORM BY APRIL 3rd TO ANY
SCHOOL OFFICE....THANK YOU!**