

2019 Tiger Swim School

Warsaw Community Pool, 1 Tiger Lane, Warsaw, IN 46580 Phone #: 574-371-5089

Session 1: June 3 - 13 **Session 2:** June 17-27 **Session 3:** July 1-12

Parent's Name: _____ Address: _____
 City: _____ State: _____ Zip: _____ Phone #: _____ Cell #: _____
 Email address: _____

Child's Name: _____ Age: _____ Session: _____ Time: _____ Level: _____

Child's Name: _____ Age: _____ Session: _____ Time: _____ Level: _____

Child's Name: _____ Age: _____ Session: _____ Time: _____ Level: _____

FOR WARSAW AQUATIC SWIM CAMP USE ONLY

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*DETACH HERE AND SEND TOP PORTION WITH PAYMENT

For further information: Call pool office at 371-5089 from 8:00 a.m. - 3:30 p.m. or visit the athletics webpage, wchs.warsaw.k12.in.us/pool. We will offer 3 sessions, each consisting of 9 days each. **Session 1:** June 3-13, **Session 2:** June 17-27, and **Session 3:** July 1-12. NO classes on July 4th.

Instructions/Program: The program and all of the instruction will be under the supervision of the WCHS Athletic Department. College and high school students that hold a current Water Safety Instructor Certification will carry out the actual instruction. Every effort will be made for each instructor to work with a maximum of 10 students during a single class period. **Parent & Child and Learn to Swim levels 1, 2, 3, and 4 are 30 minutes in length. Learn to Swim levels 5 and 6 are 45 minutes in length.**

PLEASE NOTE: Classes are divided by - Parent & Child, and Learn to Swim levels. Parent & Child classes will only be offered in session 1 & 3.

If your child was in a preschool level during the 2018 Summer Swim Program, then will be registering for a Level 1 class this year.

See other side of the registration form for descriptions of each class.

Fees: To cover expenses and the cost of instruction for the swimming sessions, there is a fee of **\$50.00** for the first and second child, and **\$40.00** for any additional siblings, per class for enrollment in the program. You may pay by cash or check. **Please make checks payable to WCHS, and turned in with the registration form.**

Registration: Registration along with payment may be mailed to: **Warsaw Community Pool, 1 Tiger Lane, Warsaw, IN 46580. Attention to Chris LaLonde or Brooke Rasler.** Forms are also available online at wchs.warsaw.k12.in.us/pool. ****PLEASE NOTE**** There will be NO walk in registrations. There will be registration drop boxes in the Pool Office and Athletic Office at WCHS.

There will be NO phone call or email confirmations unless there is an issue with class registrations. Payments must be made at the time of registration. If you are unable to schedule your requested time, you will be contacted by phone or email. If you have any questions, please email: wchspool@warsawschools.org.

Locker Rooms: Mothers with young boys, who dress in the girl's locker room, please dress in the Varsity locker room. (Orange Lockers).

Time	Class	Class	Class	Class
9:00 - 9:30	Parent/Child	Level 1	Level 2	Level 2
9:30 - 10:00	Level 1	Level 2	Level 2	Level 3
10:00 - 10:30	Level 2	Level 3	Level 3	Level 4
10:30 - 11:00	Level 1	Level 2	Level 3	Level 4
11:00 - 11:30	Level 1	Level 2	Level 3	Level 4
11:30 - 12:00	Level 5	Level 6		

Swim Lesson Guide to the different Levels

Parent & Child A	Learn to Swim - Level 2	Learn to Swim - Level 5
<p><u>Required - 6 months to 2 years of age</u> (Parent In Water - Full Support)</p> <ul style="list-style-type: none"> *In & out of water exploration *Entering and Exiting water in a safe manner *Getting wet while kicking and playing with toys *Learning different support techniques *Blowing bubbles on surface & under the water *Underwater exploration *Submerging mouth, nose, & eyes *Front and Back glides *Back floats *Rolling from front to back and vice versa *Working on leg action on front and on back *Learning how to be safe in, on, and around water *Learning different support techniques *Learning Arm Stroke positions *Opening eyes to retrieve objects above/below surface *Bobbing *Front and Back Glides & Floats *Arm and Leg actions: alternating & simultaneous on front and back 	<p><u>Recommended - 4 years of age and up</u> (Independently)</p> <ul style="list-style-type: none"> *Entering and Exiting the water in a safe manner *Jumping in chest deep of water *Fully submerge and hold breath *Bobbing 10 times *Opening eyes to retrieve objects *Begin to learn rotary breathing *Review Front, Jellyfish & Tuck floats-10 seconds *Front/Back glides - recovering vertically *Holding a back float for 15 seconds *Rolling from front to back and vice versa *Change direction while swimming on front & back *Using combined arm and leg action on front *Using combined arm and leg action on back *Finning on back *Learning how to be safe in, on, and around water 	<p><u>(Refining strokes, and endurance)</u></p> <ul style="list-style-type: none"> *Headfirst entries in deep water *Treading water for 5 minutes *Tread water for 2 minutes with legs only *Learn sculling and do it for 30 seconds *Swim front crawl for 50 yards *Swim Elementary backstroke for 50 yards *Swim Breaststroke for 25 yards *Swim back crawl for 25 yards *Swim butterfly for 25 yards *Swim sidestroke for 25 yards *Learn front and back flip turns *Learning how to be safe in, on, and around water
<u>Learn to Swim - Level 1</u>	<u>Learn to Swim - Level 3</u>	<u>Learn to Swim - Level 6</u>
<p><u>Recommended - 2 1/2 to 4 years of age</u> (Have assistance in water)</p> <ul style="list-style-type: none"> *Entering and Exiting the water in a safe manner *Blowing bubbles on surface & under the water-3seconds *Bobbing 5 times *Opening eyes to retrieve objects *Front/Back glides - recovering vertically *Back float for 5 seconds *Rolling from front to back and vice versa *Treading water with arm & hand action *Using alternating & simultaneous arms and legs on front and back *Using combined arm and leg actions on front *Using combined arm and leg actions on back *Learning how to be safe in, on, and around water 	<p><u>Learn to Swim - Level 3</u> (Learn Stroke Kicks, Rotary Breathing)</p> <ul style="list-style-type: none"> *Feetfirst & headfirst entries in deep water *Bobbing while moving to safety *Review of rotary breathing *Survival floats for 30 seconds *Back float for 1:00 *Tread water for 1:00 *Push off with streamline & kick *Swim front crawl for 15 yards *Swim elementary backstroke for 15 yards *Change direction while swimming on front & back *Learn flutter, scissor, breaststroke, and dolphin kick *Learning how to be safe in, on, and around water 	<p><u>Learn to Swim - Level 6</u> *3 parts: Fitness swimming, diving, and personal water safety</p> <ul style="list-style-type: none"> *Surface dive to retrieve object in deep water *Swim front crawl for 100 yards *Swim Elementary backstroke for 100 yards *Swim Breaststroke for 50 yards *Swim Back crawl for 50 yards *Swim butterfly for 50 yards *Swim sidestroke for 50 yards *Know the open and flip turns on front & back *1-2 step takeoff from deck and diving board *Forward jump in tuck position on deck & diving board *Forward jump/dive in pike position on deck & diving board *Fall in & standing Dive *Learning all stroke's flip turns *Holding the HELP position for 2 minutes in deep water *Holding the Huddle position for 2 minutes in deep water *Feetfirst & surface dives in the deep water *Back Float for 5 minutes *Survival Float for 5 minutes *Survival swimming for 10:00 *Treading water for 2 minutes - legs only *Surface dive to retrieve object in deep water *Learning how to be safe in, on, and around water
	<u>Learn to Swim - Level 4</u>	
	<p><u>(Stroke Development)</u></p> <ul style="list-style-type: none"> *Feetfirst & headfirst entries in deep water *Swim underwater *Tread water using 2 different kicks - 1:00 *Survival swimming for 1:00 *Swim front crawl for 25 yards *Swim Elementary backstroke for 25 yards *Swim breaststroke for 15 yards *Swim back crawl for 15 yards *Swim butterfly for 15 yards *Swim sidestroke for 15 yards *Learning open turns on front and back *Using flutter and dolphin kicks on back with streamline *Learning how to be safe in, on, and around water 	