

SPRING 2012 AQUATIC CENTER CHILDREN'S SWIMMING



**Registration for Session 1 and 2 begins Wednesday, December 7th
Doors open at 8:00am. Register at Registration & Records.**

In person registration is recommended.

Phone-in registrations will be taken as phone lines and personnel are available.

Only choose one option – not both.

Call 307-382-1637 to register and call 307-382-1694 for more information on levels.

Registrations are non-refundable and non-transferable

Session 1
January 18 – March 8

Session 2
March 19 – May 10

SESSION I

Preschool/Level 1

Room: Aquatic Center

Staff

Fee: \$44.00

The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safely. At this level, swimmers start developing good attitudes and safe practices around the water. Some students will have some experience with the water and may begin the program at a higher level – please check with the Aquatic Center. Student/Instructor ratios will be 5/6 to 1. Parent is required to sit at the pool side to assist/help child. Parents should always watch children closely in or around any water.

To pass Level 1 – child must be able to swim ½ the pool on their front and on their back by themselves.

Must be age 3 or older.

NCCLD 250-R1

January 18 - March 7

Monday and Wednesday, 4:30-5:00 pm

NCCLD 250-R2

January 18 - March 7

Monday and Wednesday, 5:00-5:30 pm

NCCLD 250-R3

January 18 - March 7

Monday and Wednesday, 5:30-6:00 pm

NCCLD 250-R4

January 18 - March 7

Monday and Wednesday, 6:00-6:30 pm

NCCLD 250-R5

January 19 – March 8

Tuesday and Thursday, 4:30 – 5:00 pm

NCCLD 250-R6

January 19 – March 8

Tuesday and Thursday, 5:00 - 5:30 pm

NCCLD 250-R7

January 19 – March 8

Tuesday and Thursday, 5:30 – 6:00 pm

NCCLD 250-R8

January 19 – March 8

Tuesday and Thursday, 6:00 - 6:30 pm

Additional Preschool/Level 1 classes will be added if needed and if additional Instructors are available. Please be sure to be added to the waitlist at the time of registration.

Level 2 & 3 Swimming

Room: Aquatic Center

Staff

Fee: \$55.00

The objective of Level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1.

The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Students learn to coordinate the front crawl, back crawl, butterfly kick, and the fundamentals of treading water are introduced as well as diving safety skills. Child must have passed Level 1 (or demonstrate those skills) before registering for Level 2/3. To pass Level 2/3 – swimmer must have a perfect rhythmic breathing ¾ pool. Call the Aquatic Center if you have questions concerning skills.

NCCLD 251-R1

January 18 - March 7

Monday and Wednesday, 4:30 - 5:30 pm

NCCLD 251-R2

January 18 - March 7

Monday and Wednesday, 5:30 - 6:30 pm

NCCLD 251-R3

January 19 – March 8

Tuesday and Thursday, 4:30 - 5:30 pm

NCCLD 251-R4

January 19 – March 8

Tuesday and Thursday, 5:30 - 6:30 pm

Level 4 Swimming

Room: Aquatic Center

Staff

Fee: \$55.00

The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students increase their endurance by swimming familiar strokes (front crawl and elementary back) for greater distances. Students also start to learn backstroke, breaststroke, butterfly, and the basics of turning at a wall. To pass Level 4 – swimmer must have a perfect whip kick and a decent breaststroke.

NCCLD 252-R1

January 18 - March 7

Monday and Wednesday, 4:30 - 5:30 pm

NCCLD 252-R2

January 19 – March 8

Tuesday and Thursday, 5:30 - 6:30 pm

Level 5 Swimming

Room: Aquatic Center

Staff

Fee: \$55.00

The objective of Level 5 is coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

NCCLD 253-R1

January 19 – March 8

Tuesday and Thursday, 4:30 - 5:30 pm

Level 6-A Swimming

Room: Aquatic Center

Staff

Fee: \$55.00

The objective of Level 6 is to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. This is also the time to introduce other aquatic activities. Level 6 is designed with "menu" options—(A) Personal Water Safety, (B) Fundamentals of Diving, (C) Fitness Swimmer and (D) Lifeguard Readiness. Each of these options focus on preparing students to participate in more advanced courses, such as Water Safety Instructor and Lifeguard Training, or other aquatic activities, such as competitive swimming or diving. Look at the course title to see which menu option is being offered.

NCCLD 254-R1

January 19 – March 8

Tuesday and Thursday, 4:30 - 5:30 pm

Competitive (off-season) Training
(Contact Pool at 382-1694 if interested)

SESSION 2

Parent/Child Aquatics

Room: Aquatic Center
Staff
Fee: \$44.00

Parent and Child Aquatics will introduce infants and young children to aquatics. A child must be at least 6 months old and the parent or care giving adult is required to accompany each child in the water and participate in the classes. This course is offered once a semester and will be canceled if fewer than 4 are registered.

NCCLD 258-RA
March 20 – May 10
Tuesday and Thursday, 4:00 – 4:30 pm

Preschool/Level 1 Swimming

Room: Aquatic Center
Staff
Fee: \$44.00

The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safely. At this level, swimmers start developing good attitudes and safe practices around the water. Some students will have some experience with the water and may begin the program at a higher level – please check with the Aquatic Center. Student/Instructor ratios will be 5/6 to 1. Parent is required to sit at the pool side to assist/help child. Parents should always watch children closely in or around any water. To pass Level 1 – child must be able to swim ½ the pool on their front and on their back by themselves. Must be age 3 or higher.

NCCLD 250-RA
March 19 – May 9
Monday and Wednesday, 4:30-5:00 pm

NCCLD 250-RB
March 19 – May 9
Monday and Wednesday, 5:00-5:30 pm

NCCLD 250-RC
March 19 – May 9
Monday and Wednesday, 5:30-6:00 pm

NCCLD 250-RD
March 19 – May 9
Monday and Wednesday, 6:00-6:30 pm

NCCLD 250-RF
March 20 – May 10
Tuesday and Thursday, 5:00 - 5:30 pm

NCCLD 250-RG
March 20 – May 10
Tuesday and Thursday, 5:30 - 6:00 pm

NCCLD 250-RH
March 20 – May 10
Tuesday and Thursday, 6:00 - 6:30 pm

Additional Preschool/Level 1 classes will be added if needed and if additional instructors are available. Please be sure to be added to the waitlist at the time of registration.

Level 2 & 3 Swimming

Room: Aquatic Center
Staff
Fee: \$55.00

The objective of Level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1.

The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Students learn to coordinate the front crawl, back crawl, butterfly kick, and the fundamentals of treading water are introduced as well as diving safety skills. Child must have passed Level 1 (or demonstrate those skills) before registering for Level 2/3. To pass Level 2/3 – swimmer must have a perfect rhythmic breathing ¾ pool. Call the Aquatic Center if you have questions concerning skills.

NCCLD 251-RA
March 19 – May 9
Monday and Wednesday, 4:30 - 5:30 pm

NCCLD 251-RB
March 19 – May 9
Monday and Wednesday, 5:30 - 6:30 pm

NCCLD 251-RC
March 20 – May 10
Tuesday and Thursday, 4:30 - 5:30 pm

NCCLD 251-RD
March 20 – May 10
Tuesday and Thursday, 5:30 - 6:30 pm

Level 4 Swimming

Room: Aquatic Center
Staff
Fee: \$55.00

The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students increase their endurance by swimming familiar strokes (front crawl and elementary back) for greater distances. Students also start to learn backstroke, breaststroke, butterfly, and the basics of turning at a wall. To pass Level 4 – swimmer must have a perfect whip kick and a decent breaststroke.

NCCLD 252-RA
March 19 – May 9
Monday and Wednesday, 4:30 - 5:30 pm

NCCLD 252-RB
March 20 – May 10
Tuesday and Thursday, 5:30 - 6:30 pm

Level 5 Swimming

Room: Aquatic Center
Staff
Fee: \$55.00

The objective of Level 5 is coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

NCCLD 253-RA
March 20 – May 10
Tuesday and Thursday, 4:30 - 5:30 pm

Level 6-B Swimming

Room: Aquatic Center
Staff
Fee: \$55.00

The objective of Level 6 is to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. This is also the time to introduce other aquatic activities. Level 6 is designed with “menu” options—(A) Personal Water Safety, (B) Fundamentals of Diving, (C) Fitness Swimmer and (D) Lifeguard Readiness. Each of these options focuses on preparing students to participate in more advanced courses, such as Water Safety Instructor and Lifeguard Training, or other aquatic activities, such as competitive swimming or diving. Look at the course title to see which menu option is being offered.

NCCLD 255-RA
March 20 – May 10
Tuesday and Thursday, 4:30 - 5:30 pm

**Competitive (off-season) Training
(Contact Pool at 382-1694 if interested)**

WWCC Aquatic Center Credit-Course Offerings

(Please see the Physical Activity (PEAC) course listings in the Class Schedule for more information on these credit courses)

- Aquatic Conditioning
- Aqua Zumba
- Advanced Lifesaving (Lifeguard Training)
- Water Safety Instructor (WSI)
- Beginning Skin and Scuba
- Advanced Skin and Scuba
- Beginning Kayaking