

MADISON COMMUNITY POOL 2017 SWIM LESSONS INFORMATIONAL FLYER

(This form is for your Records; Use Swim Lesson Sign Up Form to enroll in Group Lessons)

GROUP LESSONS SCHEDULE (students must be members, at least 4 yrs old as of 7/1/17, and toilet trained)

CLASS SCHEDULES ARE AS POSTED. WEEKS FROM DIFFERENT SESSIONS MAY NOT BE COMBINED TO CREATE A CUSTOM SESSION.

SESSION 1	June 26 – July 14 (3 week session)	Time	Level (description of levels below)
SESSION 1		9:30 – 10:00	1,2,3,4,5
		10:05 – 10:35	1,2,3,4,5
		10:40 – 11:10	1,2,3,4,5
		11:15 – 11:45	1,2,3,4,5,6
SESSION 2	July 17 – Aug 4 (3 week session)		
SESSION 2		9:30 – 10:00	1,2,3,4,5
		10:05 – 10:35	1,2,3,4,5
		10:40 – 11:10	1,2,3,4,5
		11:15 – 11:45	1,2,3,4,5,6
SESSION 3	Aug 7 – Aug 18 (2 week session)		
SESSION 3		9:30 – 10:00	1,2,3,4,5
		10:05 – 10:35	1,2,3,4,5
		10:40 – 11:10	1,2,3,4,5
		11:15 – 11:45	1,2,3,4,5
Parents are not permitted in the main pool or on the deck of the main pool during lessons. The pool reserves the right to cancel lessons due to weather conditions, morning swim meets or other circumstances. Last minute cancellations are communicated via social media.			

LESSONS LEVEL DESCRIPTION (follows the Red Cross six-level Learn-to-Swim program)

1	Introduction to Water Skills: Teaches familiarity with water, bobbing, retrieving submerged objects and water safety. Introduces floating, glides, and alternating arm and leg action on front and back.
2	Fundamental Aquatic Skills: Teaches full submersion, floats, glides, and treading water. Combines alternating arm and leg action for Front Crawl and Backstroke.
3	Stroke Development: Teaches diving, rotary breathing, treading water, Front Crawl and Backstroke. Introduces streamline position, the Butterfly kick, and Elementary Backstroke. Proficiency at this skill level prepares the swimmer to pass the Deep Water Test. Exit assessment: Pass Deep Water Test.
4	Stroke Improvement: Introduces Breaststroke, Sidestroke, Butterfly, open turns, and surface diving. Exit assessment: swim 2 lengths of the pool without resting.
5	Stroke Refinement: Introduces shallow angle dive, sculling, and treading water for 5 minutes. Focuses on increasing swim distances. Exit assessment: swim 4 lengths of the pool without resting.
6	Skill Proficiency: Teaches advanced turns and long-distance swimming. Refines all skills and strokes. Exit assessment: swim 20 lengths of the pool without resting. (Session 1 and 2 Only)

PRIVATE SWIM LESSONS

The Madison Community Pool will make available on the pool bulletin board a list of instructors and contact information who are available to teach private swimming lessons.

It is up to the member to contact the desired instructor and set up the time of the lesson.

All compensation for lessons must be handled directly between the member and the instructor. The Madison Community Pool will not be involved in scheduling private lessons, coordinating private lessons or handling any form of compensation for private lessons. Please do not ask any Madison Community Pool employee, other than the instructors themselves, to participate in the scheduling of private lessons or the handling of compensation for private lessons.