



LEARN TO SWIM PROGRAM

Children's Lessons
Adult Lessons **NEW!**

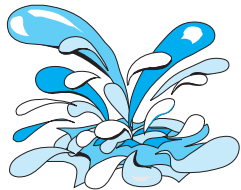


The Rec Plex will be offering a Learn to Swim program sponsored by the American Red Cross. The program is segmented into 6 levels, a Tiny Tots/Wee Folks program and our newly added Adult Lessons.

Sign-ups begin on
Monday, August 30, 2010

Cost:
Member \$40 Non-member \$46

Please register in person at the
Rec Plex Main Office
915 W. Wisconsin Ave.
414-288-7778



Marquette University
Rec Plex
PO Box 1881
Milwaukee, WI 53201-1881



Division of Student Affairs
Department of Recreational Sports

FALL 2010

TINY TOTS & WEE FOLKS

This is a child/parent program for children 6 months to 6 years of age. The program is designed to encourage water adjustment skills and develop basic swimming skills.

The atmosphere is relaxed and lessons are designed to enhance enjoyment for the child. **Non-toilet trained children are required to wear swim diapers.**

Offered on Tuesdays
September 7 - October 26, 2010
6:00 - 6:30pm



PRIVATE & SEMI-PRIVATE LESSONS

Private and semi-private lessons are available for children and adults. A minimum of 2 swimmers is required for semi-private lessons.

Semi-private lesson fees:
\$10.00 per 1/2 hour per swimmer

Private lesson fees:
\$13.00 per 1/2 hour per swimmer

Call John Kratzer at 414-288-7778 for further details.



LEVELS 1 - 6

Offered on Tuesdays
September 7 - October 26, 2010

Level 1 - Introduction to Water Skills Tuesdays 6:00 - 6:45pm

For the beginning independent swimmer - emphasize on comfort in the water, safety and skills performed with the help of an instructor. Skills include submerging face in the water, bobbing, front and back floats with help, kicking and arm strokes.

Level 2 - Fundamental Aquatic Skills Tuesdays 6:45 - 7:30pm

After passing Level 1, learning objectives are geared to the coordination practice of the front crawl, introduction to the back crawl, glides, treading water and the elementary backstroke kick.

Level 3 - Stroke Development Tuesdays 6:45 - 7:30pm

Swimmers who have passed Level 2 will focus on building endurance and continued coordination of the front and back crawl. Butterfly motion and elementary backstroke will be introduced along with the sidestroke kick. Simple dives will also be taught and use of deepwater skills will be furthered.

Level 4 - Stroke Improvement Tuesdays 6:00 - 6:45pm

All participants must have successfully completed Level 3. Students will learn the breaststroke, sidestroke and butterfly. Distances will increase for both the front and back crawl. Elementary backstroke technique will be perfected.

Level 5 - Stroke Refinement Tuesdays 6:45 - 7:30pm

Level 4 graduates will have a main focus on the breaststroke, sidestroke and butterfly. Swimmers are taught flip turns and surface dives. Again, endurance will be increased for the front and back crawl, along with elementary backstroke.

Level 6 - Swimming and Skill Proficiency Tuesdays 6:45 - 7:30pm

After successful completion of Level 5 students will learn techniques for rescue and basic water safety. The goal will be set on completing 500 yards of continuous swim and will practice all previously learned skills.



ADULT LESSONS

Offered on Saturdays
11:15 - 12:00pm
Sept. 11 - Nov. 6, 2010
(No class October 23)

Those 17 & older wishing to learn to swim or improve on what they already know are encouraged to sign up. Basics will be taught or technique will be improved depending on your needs.

The Details:

Sign-ups begin on Monday, August 30, 2010 at the Rec Plex, 915 W. Wisconsin Ave. Cost is \$40 for members, \$46 for non-members.

Enrollment is limited to insure a low participant/teacher ratio. All sessions have a minimum number of spaces that must be filled in order to offer the class. Classes may be combined to accommodate these requirements.

Sign-ups can not be taken over the phone. Payment must be included at the time of registration. Due to the required signature of a parent/legal guardian, a Liability Waiver must be completed before a child or minor may participate in the program. Sorry, no exceptions.

Refund Policy:

This policy applies to ALL participants who have registered and paid for any 2010 class.

*a 75% refund will be given prior to and including the first week the program meets.
*a 50% refund will be given during the second week of the program.

*No refunds will be given after the second week of the program.

At the Rec Plex our goal is to provide a fun and safe learning experience for all of our swimmers. Should you have any concerns regarding our program, please contact John Kratzer, Rec Plex General Manager at 414-288-7778.