



RECREATIONAL  
SPORTS

The Rec Plex will be offering a Learn to Swim program sponsored by the American Red Cross.

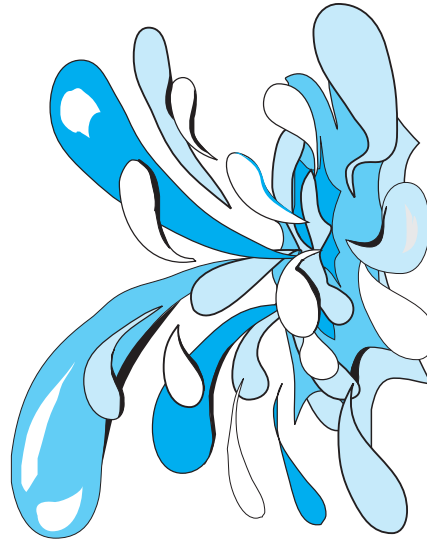
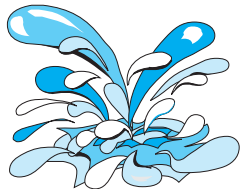
The program is segmented into 6 levels, in addition to the Tiny Tots/Wee Folks program.

Sign-ups begin on  
Monday, May 15, 2017

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



# Children's Swim Lessons



Summer 2017

# 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 & Thursdays  
June 6 - 29, 2017  
6:30 - 7:00pm



# 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 & Thursdays  
June 6 - 29, 2017

## Level 1 - Introduction to Water Skills Tuesdays & Thursdays 6:30 - 7:15pm

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 & Thursdays 7:15 - 8:00pm

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 & Thursdays 7:15 - 8:00pm

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 & Thursdays 6:30 - 7:15pm

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 & Thursdays 7:15 - 8:00pm

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 & Thursdays 7:15 - 8:00pm

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.

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### The Details:

Sign-ups begin on Monday, May, 15, 2017 at the Rec Plex, 915 W. Wisconsin Ave. Cost is \$40 for members, \$46 for non-members.

Enrollment is limited to insure a low child/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 may participate in the program. Sorry, no exceptions.

### Refund Policy:

This policy applies to ALL participants who have registered and paid for any 2017 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.