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Madison Pool Swimming Lessons - 2024

(Recommended minimum age: 4-years-old)

Name: _____

Parents Name: _____

Telephone #: _____

Level: _____ Paid

Lessons are Monday through Friday. If lessons are canceled due to weather, they will be rescheduled to a later date.

(Please check one of the following options)

Option 1: June 17th - June 21st - Morning Option
Level 1: 10:00-11:00 am
Levels 2 & 3: 10:00-11:30 am

Option 2: June 24th - June 28th - Morning Option
Level 1: 10:00-11:00 am
Levels 2, 3, 4, 5 & 6: 10:00-11:30 am

Option 3: July 8th - July 12th - Night Option
Levels 4, 5, 6: 5:15-6:45 pm

Option 4: July 29th - August 2nd - Night Option
Level 1: 5:15-6:15 pm
Levels 2, 3, 4, 5 & 6: 5:15-6:45 pm

Option 5: August 5th - August 9th- Morning Option
Level 1: 10:00-11:00 am
Level 2, 3, 4, 5, & 6: 10:00-11:30am

Registered By: _____
Lifeguard Signature Date

CLASSES OFFERED:

Level 1: Introduction to Water Skills - (60 minutes in length) - (Cost \$50) – This class is for the beginner who is comfortable in the water. The objective of this class is to help young students be safe in the water and to safely enjoy the water. The primary aquatic skills of dunking, floating, and water safety will be focused upon in order to mold youngsters into better swimmers. This class will also help to eliminate some of the fear associated with the water by playing games and practicing exercises.

Level 2: Fundamental Aquatic Skills - (Cost \$60) - The objective of this class is to learn the fundamentals of swimming. Floating on front and back as well as support are the main aspects. The skill of water locomotion will also be developed through creative measures. Students must have passed Introduction to Water Skills in order to be eligible.

Level 3: Stroke Development - (Cost \$60) - This class builds on the skills learned in Primary Skills while learning the front crawl, back crawl, backstroke, and treading water. Students will also learn the rules for safe diving and will begin to dive from the side of the pool. Students entering this class must have passed Fundamental Aquatic Skills.

Level 4: Stroke Improvement - (Cost \$60) - This class emphasizes the strokes learned previously while improving on all of the strokes. Students will be required to swim farther distances, which will increase their stamina in the water. The breaststroke and sidestroke will also be introduced to produce a more rounded swimmer. Students must have passed Stroke Development in order to enroll.

Level 5: Stroke Refinement - (Cost \$60) - Students will learn coordination and refinement of key strokes while learning the butterfly, turns, and surface dives. This course also focuses on distance swimming and stamina. Students must have passed Stroke Improvement before enrolling.

Level 6: Swimming and Skill Proficiency - (Cost \$60) - This class focuses on adding power and smoothness to the strokes already known. This enables students to swim with greater ease and more comfortably while swimming distances and sprints. More turns-at-the-wall will be introduced as well as more surface dives. This class will also offer the essential skills needed to prepare for lifeguard training. Students must have passed Stroke Refinement to enroll.

Please SIGN-UP for lessons by returning the “Registration Form” on the reverse side to the Madison Swimming Pool. You may also sign up for lessons by calling the Madison Swimming Pool at (320) 698-3766.

Private Lessons – (cost \$150)

The Water Safety Instructors at the Madison Swimming Pool will also be available for private swimming lessons. We strongly encourage group lessons as they offer social interaction, collaboration, and a sense of community among peers. Group lessons can be enjoyable and beneficial for many children, providing opportunities to learn from and with each other in a dynamic environment. However, we also understand that some children may find it challenging to fully engage and benefit from a group setting due to the distractions and stimulation it can present. For these children, private lessons offer a personalized and focused learning environment where they can thrive without the additional sensory input. Please contact the Madison Pool (320) 698-3766 for more information or to schedule your private lesson. There is a red cross recommended ages to all lesson levels.

Please visit this website to determine the child’s level. <https://www.safeswim.com/red-cross-swim-lesson-levels/>