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## Madison Pool Swimming Lessons - 2023

(Recommended minimum age: 4-years-old)

Name: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Level: \_\_\_\_\_  Paid

Lessons are Monday through Thursday. If lessons are canceled due to weather, they will be rescheduled to the next Friday.

(Please check one of the following options)

- Option 1: June 12th – June 15th – Night Option  
Levels 1 & 2: 5:15–6:15 pm  
Levels 3, 4, 5 & 6: 5:15–6:45 pm
- Option 2: June 26th – June 29<sup>th</sup> – Morning Option  
Levels 1 & 2: 10:00–11:00 am  
Levels 3, 4, 5 & 6: 10:00–11:30 am
- Option 3: July 10th – July 13th – Morning Option  
Levels 1 & 2: 10:00–11:00 am  
Levels 3, 4, 5 & 6: 10:00–11:30 am
- Option 4: July 17th – July 20th – Night Option  
Levels 1 & 2: 5:15–6:15 pm  
Levels 3, 4, 5 & 6: 5:15–6:45 pm

Registered By: \_\_\_\_\_

Lifeguard Signature

Date

## **CLASSES OFFERED:**

**Level 1: Introduction to Water Skills - (30 minutes in length)** - (Cost \$45) – 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 \$50) - 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 \$50) - 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 \$50) - 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 \$50) - 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 \$50) - 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 \$100)

The Water Safety Instructors at the Madison Swimming Pool will also be available for private swimming lessons. This is an excellent opportunity for anyone who wants to take lessons during more convenient times. 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/>