

# AQUATICS

## LESSON INFORMATION:

Swim lessons will be 4 days; Monday through Thursday; 40 minute sessions. Fridays will be used as a make-up day for all lessons. In the event of inclement weather, the Sparta Parks and Recreation Department will make the cancellation call 30 minutes prior to the start of a lesson. In case a Friday is used all times and locations will remain the same as if we were doing normal lessons.

## REGISTRATION:

**Begins: May 1st – 8:00 AM**  
**Ends: May 28th – 11:59 PM**

The department will offer registration ONLINE and in – house. There are a few steps that you will need to take to be able to fully and successfully register for classes online. They are as follows:

**\*\* You must have a valid email address on account through the Recreation Department to use online registration\*\***

- **Visit [www.spartaparks.com](http://www.spartaparks.com)**
- **Click “Sign In” (Located on the upper right hand of the web’s home page)**
- **Username is your Email Address that we have on your account**
- **Click “Forgot Password”**

**If this does not work, please call the Sparta Parks and Recreation Department Office so that we may assist you in generating a new password.**

**Phone: (608) 269 - 6322**

**You may register in the Parks and Recreation Department Office as well like any other program.**

We ask that you are courteous of other families. For example: One family might not be able to participate in Session 1 and needs to wait for Session 2 or 3. If everyone who signs up for session also signs up for session 2 or 3; it leaves no room for everyone who needs to wait to participate as well. You should register your child for ONE class at a time.

**All session registrations will close on May 26th, at 11:59 p.m.**

### SESSION RE-OPEN DATES:

**Session 2: June 27th at 9:30 a.m. - July 2nd at 11:59 p.m.**

**Session 3: July 19th at 9:30 a.m. - July 23rd at 11:59 p.m.**

### **\*\*\*\*\* AT YOUR RISK \*\*\*\*\***

In the event that a participant does not pass a level in one session and is signed up and paid for the next level in one of the next sessions and there are no class openings to switch back into the original level; the program fees will be reimbursed via credit into to the family account to use at a later time. Checks and cash will not be given as a reimbursement method for the swim lesson program. It may be in the participant’s best interest to sign up for one session at a time; then sign up for the next session after the participant receives their report card.

## PARTICIPANT PLACEMENT

As you get ready to sign up for lessons it is key that you sign a participant up for the right lesson. Page 14 has descriptions for each class and their primary objectives. A participant should be placed in a level where he or she **CANNOT** complete all the items of testing; but **CAN** accomplish the previous level items without hesitation to 100% efficiency. The overall purpose of our program is to teach and make sure participants can achieve all the skills to 100% efficiency and to learn how to use these skills to stay safe while in an aquatic environment. The Sparta Aquatics Swim Lesson staff will not pass someone for any other reason than successfully completing the level requirements to 100% satisfaction.

## SESSION DATES & CLASSES:

**SESSION 1: June 17th – June 27th • SESSION 2: July 8th – July 18th**  
**SESSION 3: July 29th – August 8th**

## SWIMMING LESSONS COST PER SESSION:

	<u>Individual</u>	<u>Family</u>
<b>Resident</b>	<b>\$20.00</b>	<b>\$40.00</b>
<b>Non-Resident</b>	<b>\$35.00</b>	<b>\$70.00</b>

### Session 1 Times – Morning (AM)

**9:00 – 9:40 AM**  
(Level 2, Level 3, Level 4, Level 5, Level 6, Intermediate 1, Intermediate 3, Advanced 2)

**9:50 – 10:30 AM**  
(Kipper, Level 1, Level 2, Level 3, Level 6, Intermediate 1, Intermediate 2, Advanced 1, Advanced 3)

### Session 1 Times – Evening (PM)

**4:10 – 4:50 PM**  
(Level 2, Level 2, Level 3, Level 5, Level 6, Intermediate 1, Intermediate 3, Advanced 2)

**4:55 – 5:35 PM**  
(Kipper, Level 1, Level 4, Level 2, Level 3, Level 6, Level 6, Intermediate 2, Advanced 1, Advanced 3)

**5:40 – 6:20 PM**  
(Kipper, Level 1, Level 2, Level 5, Level 6, Intermediate 1, Intermediate 2, Advanced 2)

### Session 2 Times – Morning (AM)

**9:00 – 9:40 AM**  
(Level 1, Level 2, Level 2, Level 3, Level 4, Level 6, Intermediate 3, Advanced 1)

**9:50 – 10:30 AM**  
(Level 1, Level 2, Level 3 Level 5, Level 6, Level 6, Intermediate 2, Advanced 3, Intermediate 1)

### Session 2 Times – Evening (PM)

**4:10 – 4:50 PM**  
(Level 1, Level 2, Level 2, Level 3, Level 4, Level 6, Intermediate 1, Intermediate 3, Advanced 1)

**4:55 – 5:35 PM**  
(Level 1, Level 2, Level 3, Level 5, Level 6, Level 6, Intermediate 1, Intermediate 2, Advanced 3)

**5:40 – 6:20 PM**  
(Kipper, Level 1, Level 2, Level 5, Level 6, Intermediate 1, Intermediate 2, Advanced 2)

### Session 3 Times – Morning (AM)

**9:00 – 9:40 AM**  
(Level 1, Level 3, Level 5, Level 6, Intermediate 1, Intermediate 2, Advanced 1, Advanced 3)

**9:50 – 10:30 AM**  
(Kipper, Level 1, Level 2, Level 3, Level 4, Level 6, Intermediate 1, Advanced 2)

### Session 3 Times – Evening (PM)

**4:10 – 4:50 PM**  
(Level 1, Level 3, Level 5, Level 6, Intermediate 1, Intermediate 2, Advanced 1, Advanced 2)

**4:55 – 5:35 PM**  
(Kipper, Level 1, Level 2, Level 3, Level 4, Level 6, Intermediate 1, Intermediate 2, Advanced 3)

**5:40 – 6:20 PM**  
(Kipper, Level 2, Level 2, Level 6, Level 6, Intermediate 1, Intermediate 3, Advanced 2)

## PARENTS WATCHING LESSONS

As we have progressed over the past 4 seasons of lessons we are constantly evaluating and making changes for the betterment of our Swim Lessons programs. We have found that when kids are scared and don’t want to do lessons they immediately run to a parent or guardian. Parents drop their child off for class and sit right in front of the child in lessons. This gives the child the ability to undermine their own ability to overcome their fear of water and disrupt the rest of the class with their dislike of swim lessons and constant need for parental attention. Children participate more freely when they are not distracted by checking to see where and what the parents/guardians are doing. We as a department take the responsibility of teaching your child how to swim very seriously and want to make sure that when your child has completed their level they have mastered the skills to their respective level. However, we want to ensure that we as a department are always for parent involvement and support as long as it doesn’t hinder the development of a child and their learning how to swim. For the ability for all participants in all levels of swim lessons to gain the necessary success required; we ask that you follow these simple rules:

- 1) When you arrive you may guide your child to the proper class location.
- 2) Once you ensure that your child is safely with the instructor; please make your way to the concessions area.
- 3) If the child still is disrupting class, we will guide them back to you.
- 4) Once class is done you may go meet your child.



# AQUATICS

## KIPPER - PARENT/CHILD

Ages 6 months thru 48 months

To encourage children to explore their AQ environment and their own skills in the water with their parents help. To encourage children to propel themselves through the water. To teach basic AQ and boating safety, emphasizing the parental responsibility and allowing children to accept some of the responsibility. To facilitate the children's transition to the AQ at the preschool levels, without parents.

### LEVEL Ages 2-3

The primary objectives are to get the child comfortable putting his/her face in the water, blowing bubbles, and being held by another adult. In addition, the perch level focuses on skills that allow the children to stay relaxed in both the front and back positions. Class is designed to aid as a transition for advanced 2-3 year olds to move onto the Pike/ Eel level.

### LEVEL 2 Ages 3-5

With the use of personal flotation devices, children are taught the basic building blocks of swimming. Reinforcing the skills acquired at a Perch level, this beginner level class is designed for new swimmers, teaching basic paddles stroke and kicking skills, pool safety, and comfort in holding their faces in the water while blowing bubbles and swimming.

### LEVEL 3 Ages 3-5

This is an intermediate level for the swimmer who can move throughout the water independently with or without the aid of bubbles. Children should be able to swim 10 yards, on the front, back and side with a flotation aid and 5 yards without. Children are taught to float and perform the progressive paddle stroke. Elementary backstroke, side stroke, and jumping is introduced at this level.

### LEVEL 4 Ages 3-5

Ray swimmers are ready to begin developing endurance as well as improving stroke skills. Children are introduced to treading water and side breathing. They also learn more about personal water safety. This level is a more advanced level for the child who can swim on their front, back, and side ½ the width without a flotation aid. Ray works to improve stroke skills (including side breathing), learn more about personal safety, and build endurance by swimming on their front and back. Elementary backstroke and sidestroke are also developed.

### LEVEL 5 Ages 4-5

Starfish swimmers are ready to develop endurance as well as improving stroke skills. Children continue to improve on treading water, they also learn more about personal water safety. This level is a more advanced level for the child who can swim on their front, back, and side 1 width without a flotation aid. Starfish works to improve stroke skills (including side breathing), learn more about personal safety, and build endurance by swimming on their front and back. Elementary backstroke and sidestroke are also developed. Good form is worked on.

### LEVEL 6 Ages 6 & Up

Polliwog is the beginner level for our school aged swim lessons. ***This class is meant for school aged kids who have never swam before.*** Endurance is stressed in the polliwog level as swimmers will be able to swim an entire width of the pool without the aid of a flotation device. It is during this level that children will become comfortable and adjust to an aquatic environment. Basic water skills covered are front, back, and sidestroke. Children will also work on submerging, floating, treading water, and streamlining

### INTERMEDIATE 1 Ages 6 & Up

This class emphasizes swimming strokes, endurance and water safety. Children will be able to achieve floating, treading water, side breathing and diving. The endurance swim is 25 meters. In addition to endurance, stroke form is also emphasized. Confidence and survival skills are enforced.

### INTERMEDIATE 2 Ages 6 & Up

The primary objective is to improve the child's strokes and to build endurance. Children will refine the strokes they have learned as their skills become more like those normally used in swimming. They will learn more diving skills and personal safety. At the end of this level, they will be able to swim freestyle with side breathing, backstroke, sidestroke.

Breaststroke is introduced. The endurance swim at this level is 50 meters. Advanced water skills introduced include surface dives, diving approaches, and underwater swim and enhanced survival skills.

### INTERMEDIATE 3 Ages 6 & Up

Children in this level build their endurance up to 75 meters on both sides and refine previously learned strokes. Also, butterfly is introduced. Flip turns are taught with the appropriate strokes. Advanced water skills introduced include surface dives, diving approaches, and underwater swim and enhanced survival skills.

### ADVANCED 1 Ages 6 & Up

In this level, children continue to refine all strokes and continue building endurance with proper technique. They develop the ability to perform complex swimming activities. Starts and turns are introduced. Children also learn about swimming for fitness and focus on water safety skills. Children are also introduced to competitive swimming rules and form while building their endurance.

### ADVANCED 2 Ages 6 & Up

Children at this level continue to improve their strokes with starts and turns. Competitive swimming rules are taught along with the complexities of the sport of swimming. It is during this level that we encourage advanced swimmers to move on to the swim team.

### ADVANCED 3 Ages 6 & Up

Advanced 3 is the last level for children to complete in the Sparta Parks and Recreation Swim Lesson Program. Generally, children that complete this level go on to become lifeguards and/or swim team participants. During this level, children build up their endurance to long lengths of the pool and work on stroke refinement. Children are also introduced to Junior Lifeguarding skills.

## PRIVATE/ADAPTIVE SWIM LESSONS

The primary goal and objective is to let a participant get more one on one attention and have a more comfortable environment to learn as well as succeed in swim lessons. Private lessons are done by our instructors on their own time when they are available as well as at their own cost. You may leave your name and number at the Recreation Office or at the Front Desk of the pool and you will then be contacted by an instructor.

