

UNITY COMMUNITY EDUCATION

SWIMMING LESSONS

WINTER 2022 REGISTRATION



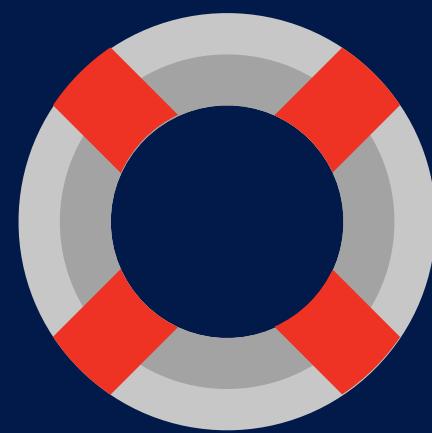
PARENT/CHILD CLASS: AGES 6 MONTHS TO 3YO

All classes take place in the kiddie pool with progression to the big pool. A parent or an adult must accompany the child in the water. In this class, we work on getting the child comfortable in the water, blowing bubbles, wearing life jackets, safety, holding positions, and participate in songs and activities appropriate for the age level.

DATES: SATURDAYS, JANUARY 8-JANUARY 29 (4 WEEKS)

TIME: 10AM-10:30AM

COST: \$30



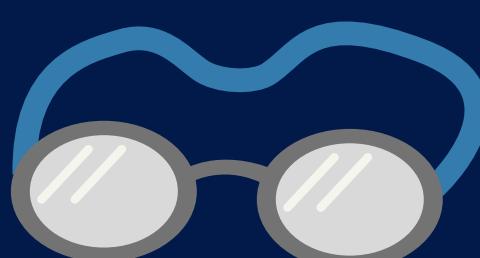
PRE-LEVEL 1: 3-AND-4YO

Child must be at least 3 years old prior to first class. Classes take place in the kiddie pool with progression to the big pool. This class is taught without a parent present (parents are welcome to watch class from the observation room). Swimmers will work on entering and exiting the water safely and independently, submerging mouth and blowing bubbles, front and back glides with assistance and combined arm and leg actions on the front and back with assistance.

DATES: SATURDAYS, JANUARY 8-JANUARY 29 (4 WEEKS)

TIMES: Section 1: 9AM-9:30AM **OR** Section 2: 10:45AM - 11:15AM

COST: \$30



LEVEL 1- INTRO TO WATER SKILLS

Ages 5 and up. Child must be at least 5 years old prior to first class. Basic swim skills and safety skills will be performed with assistance in the big pool. Swimmers will work on bobbing, retrieving submerged objects, front and back glides, combined, alternating and simultaneous arm and leg actions on the front and back all with assistance.

DATES: SATURDAYS, JANUARY 8-JANUARY 29 & FEBRUARY 5-FEBRUARY 12 (6 WEEKS)

TIMES: Section 1: 10:15AM-11:00AM **OR** Section 2: 11:15AM-12:00PM

COST: \$35



LEVEL 2-FUNDAMENTAL AQUATIC SKILLS

Basic swim skills and safety skills will be performed without assistance in the big pool. Swimmers will work on submerging, front and back glides, combined, alternating and simultaneous arm and leg actions on the front and back without assistance. Swimmers must be able to perform the exit skill of swimming on their front for 5 body lengths, rolling to their back, floating for 15 seconds, rolling to their front and then continue swimming for 5 body lengths in order to move on to Level 3.

DATES: SATURDAYS, JANUARY 8-JANUARY 29 & FEBRUARY 5-FEBRUARY 12 (6 WEEKS)

TIMES: Section 1: 9AM-9:45AM **OR** Section 2: 9:45AM-10:30AM

COST: \$35

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LEVEL 3 - STROKE DEVELOPMENT

Swimmers will focus on the flutter, scissor, breaststroke and dolphin kicks. They will also focus on increasing their distances of the Front Crawl, Elementary Backstroke, Breaststroke, Butterfly, Back Crawl and Sidestroke. Diving will also be introduced. Level 3 introduces many new challenging skills for the swimmer.

DATES: SATURDAYS, JANUARY 8–JANUARY 29 & FEBRUARY 5–FEBRUARY 12 (6 WEEKS)

TIME: 9:15AM – 10AM

COST: \$35

LEVELS 4/5/6

Stroke Improvement, Refinement and Fitness Swimmer: Swimmers will focus on increasing their distances for the Front Crawl, Elementary Backstroke, Sidestroke, Breaststroke, Back Crawl and Butterfly. Swimmers in Level 6 will progress to swimming a 500 meter swim continuously with turns using 3 different strokes. Diving from the diving board will be introduced.

DATES: SATURDAYS, JANUARY 8–JANUARY 29 & FEBRUARY 5–FEBRUARY 12 (6 WEEKS)

TIME: 10:45AM – 11:30AM

COST: \$35



PRIVATE OR SEMI-PRIVATE LESSONS

Do you or your child need a smaller class size, or the dates/times don't work for your schedule? Sign up today for private swimming instruction that includes just you and the instructor or semi-private lessons that includes two or more students of similar swimming abilities. Students will work on specific skills decided upon with the instructor.

DATES: SATURDAYS, JANUARY 8–JANUARY 29 (4 WEEKS)

TIMES: Section 1: 11:30AM–12:15PM **OR** Section 2: 11:45AM–12:30PM

COST: Private \$105, Semi-Private \$75 per swimmer

*For more information on swimming lessons, contact the Unity Pool Director, Missy Wilhelm 715-825-3515 ext 1290 or at mwilhelm@unity.k12.wi.us

*REGISTRATIONS CAN BE COMPLETED AT <https://events.dudesolutions.com/unityk12wi/?&q=ly&search=y>.
*Select "COMMUNITY EDUCATION" on the top menu and make your registration selections!

*Observation Room is limited to one person per swimmer. Masks are encouraged but not required.