



2020 Summer School Swimming Lesson Registration



Swimming lessons are offered in two week sessions. The classes will meet for 45 minutes Monday through Friday. The sessions will be as follows:

First Session: Tuesday, July 1st through Friday, July 10th

Registration: Online registration begins **Saturday, June 27th at 9:00am**
<http://www.elkhornschoools.org/> Please use your family access code.

Second Session: Monday, July 13th through July 24th

****Please note during the second session we will be offering evening lessons.****

Registration: Online registration begins on **Friday, July 10th at 2:00pm.**
<http://www.elkhornschoools.org/> Please use your family access code.

Third Session: Monday, July 27th through August 7th

Registration: Online registration begins on **Friday, July 24th at 7:30pm.**
<http://www.elkhornschoools.org/>. Please use your family access code.

You must have a family access code to register for lessons. Please obtain this by calling Christine Dodge (262)723-6800 Ext. 1506.

Cost: Residents of Elkhorn Area School District: Free

Non-Residents of Elkhorn Area School District: \$35.00 per child

Your child **must** be school age (entering kindergarten this fall) to enroll in swimming lessons. Please make checks payable to **Elkhorn Area High School**.

****Since swimming lessons are free, if you do not show within the first two days or call or e-mail to let us know you will be gone, your spot will be given away.***

Location: All swimming lessons take place at the Elkhorn Area High School Pool.

Questions: Please direct any questions to Jamie Richardson at Elkhorn High School, e-mail @ richja@elkhorn.k12.wi.us or (262)723-4920. Ext. 1625 (**during the summer**). *****If you do not know your child's current American Red Cross level, please contact Jamie Richardson prior to registering for swimming lessons.*****

Elkhorn Swimming Lesson Program uses the American Red Cross, Learn to Swim Program to teach their students. The Elkhorn Area Summer School program employs certified American Red Cross Water Safety Instructors for each course.

Course Description

Level I: Introduction to Water Skills (Starfish):



Purpose: To orient participants to the aquatic environment and to teach them to feel comfortable in the water and to enjoy the water safely using the Learn to Swim Program.

Skills to be learned: Students will learn to submerge their face and to open their eyes underwater. They will learn their front and back floats, scooping with arms and using their arms on their back. Students will also learn water safety skills.

Level II: Fundamental Aquatic Skills (Penguins):



Purpose: To build on the fundamental aquatic locomotion, safety and rescue skills present in Level I. The objective of this level is to give the students success with fundamental skills.

Skills to be learned: Students learn to float without support and to recover from a vertical position. They will learn the front crawl with rhythmic breathing, back crawl and elementary backstroke. They must swim these strokes proficiently for 5 meters of the pool. Students will explore the deep water and learn basic rescue skills.

Level III: Stroke Development (Goldfish):



Purpose: To build on the aquatic locomotion, safety and rescue skills presented in Level II by providing participants with additional guided practice.

Skills to be learned: Retrieve objects, unsupported, with eyes open from shallow and deep water. Dive from the side of the pool in kneeling and compact positions into deep water; coordinate the components of the front crawl, back crawl and elementary backstroke with the whip kick for one length of the pool (25 meters). They will also learn the dolphin kick for the butterfly stroke, the scissors kick for the sidestroke and the breaststroke kick. Students will learn the fundamentals of treading water in the deep end of the pool.

Level IV: Stroke Improvement (Sea Lions):



Purpose: To develop confidence and competency in the aquatic locomotion, safety and rescue skills presented in the Learn to Swim Program thus far.

Skills to be learned: Students will build their endurance by swimming elementary backstroke, front crawl and back crawl for one length of the pool (25 meters). Learn the basics of breaststroke, sidestroke, and butterfly strokes for 15 meters.

Level V: Stroke Refinement (Flying Fish):



Purpose: To coordinate and refine the key strokes presented thus far in the Learn to Swim Program and to increase their endurance of their strokes.

Skills to be learned: Performing the front crawl, back crawl and elementary backstroke for two lengths of the pool (50 meters). They will swim the butterfly, breaststroke, and sidestroke for 1 length of the pool (25 meters). Students will also be introduced to the front and backstroke flip turns. They will also be introduced to the long shallow dive, tuck surface dive and pike surface dive.

Level VIA: Personal Water Safety:



Purpose: The objective of this level is to help students increase their endurance and learn that swimming is a lifelong activity.

Skills to be learned: Students will be required to swim 500 meters (20 lengths of the pool) continuously. They will increase their endurance in all of the strokes. They will swim the front crawl, back crawl and elementary backstroke for 4 lengths of the pool (100 meters). They will swim the breaststroke, sidestroke and butterfly for 2 lengths of the pool (50 meters). They will also be introduced to the sidestroke, breaststroke and butterfly turns. They will also learn a variety of safety skills to survive in the water.

Level VIB: Fitness Swimmer:



Purpose: The objective of this level is to introduce swimmers to the competitive side of swimming.

Skills to be learned: Students will continue to work on their endurance of the strokes swimming 500 meters (20 lengths of the pool) continuously. Students will learn competitive starts and turns during the course. Students will learn a variety of training principles associated with competitive swimming such as using a pace clock, pull buoys, fins and hand paddles. Students will participate in fitness programs to increase their cardiovascular activity.

****You may take Level VIA, and VIB in any order.****

Schedule of Swim Lessons for the Summer of 2020

Session I: Wednesday, July 1st through July 10th

Time					
7:30AM-8:15AM	Level I: Starfish (5) SL1A/101	Level I: Starfish (5) SL1A/102	Level II: Penguins (5) SL2A/101	Level III: Goldfish (6) SL3A/101	Level IV: Sea Lions (6) SL4A/101
8:30AM-9:15AM	Level I: Starfish (5) SL1A/103	Level II: Penguins (5) SL2A/102	Level II: Penguins (5) SL2A/103	Level III: Goldfish (6) SL3A/102	Level VIB: Fitness Swimmer (6) SL6bA/101
9:30AM-10:15AM	Level I: Starfish (5) SL1A/104	Level I: Starfish (5) SL1A/105	Level II: Penguins (5) SL2A/104	Level III: Goldfish (6) SL3A/103	Level V: Flying Fish (6) SL5A/101
10:30AM-11:15AM	Level I: Starfish (5) SL1A/106	Level II: Penguins (5) SL2A/105	Level II: Penguins (5) SL2A/106	Level III: Goldfish (6) SL3A/104	Level IV: Sea Lions (6) SL4A/102
11:45AM-12:30PM	Level I: Starfish (5) SL1A/107	Level I: Starfish (5) SL1A/108	Level II: Penguins (5) SL2A/107	Level III: Goldfish (6) SL3A/105	Level IV: Sea Lions (6) SL4A/103
12:45PM-1:30PM	Level I: Starfish (5) SL1A/109	Level II: Penguins (5) SL2A/108	Level II: Penguins (5) SL2A/109	Level III: Goldfish (6) SL3A/106	Level IV: Sea Lions (6) SL4A/104

Highlighted classes a parent or adult living with the student must be in the water with them. The numbers in parenthesis designates the maximum number of students allowed in that class at one time. This number is set for the safety of our students, so they receive quality instruction.

Session II: Monday, July 13th through July 24th

Time					
7:30AM-8:15AM	Level I: Starfish (5) SL1B/201	Level II: Penguins (5) SL2B/201	Level II: Penguins (5) SL2B/202	Level III: Goldfish (6) SL3B/201	Level IV: Sea Lions (6) SL4B/201
8:30AM-9:15AM	Level I: Starfish (5) SL1B/202	Level I: Starfish (5) SL1B/203	Level II: Penguins (5) SL2B/203	Level III: Goldfish (6) SL3B/202	Level IV: Sea Lions (6) SL4B/202
9:30AM-10:15AM	Level I: Starfish (5) SL1B/204	Level II: Penguins (5) SL2B/204	Level II: Penguins (5) SL2B/205	Level III: Goldfish (6) SL3B/203	Level V: Flying Fish (6) SL5B/201
10:30AM-11:15AM	Level I: Starfish (5) SL1B/205	Level I: Starfish (5) SL1B/206	Level II: Penguins (5) SL2B/206	Level III: Goldfish (6) SL3B/204	Level VIA: Personal Water Safety (6) SL6AB/201
11:45AM-12:30PM	Level I: Starfish (5) SL1B/207	Level II: Penguins (5) SL2B/207	Level II: Penguins (5) SL2B/208	Level III: Goldfish (6) SL3B/205	Level IV: Sea Lions (6) SL4B/203
12:45PM-1:30PM	Level I: Starfish (5) SL1B/208	Level I: Starfish (5) SL1B/209	Level II: Penguins (5) SL2B/209	Level III: Goldfish (6) SL3B/206	Level IV: Sea Lions (6) SL4B/204

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Session III: Monday, July 27th through August 7th

Time					
7:30AM-8:15AM	Level I: Starfish (5) SL1C/301	Level II: Penguins (5) SL2C/301	Level II: Penguins (5) SL2C/302	Level III: Goldfish (6) SL3C/301	Level IV: Sea Lions (6) SL4C/301
8:30AM-9:15AM	Level I: Starfish (5) SL1C/302	Level I: Starfish (5) SL1C/303	Level II: Penguins (5) SL2C/303	Level III: Goldfish (6) SL3C/302	Level IV: Sea Lions (6) SL4C/302
9:30AM-10:15AM	Level I: Starfish (5) SL1C/304	Level II: Penguins (5) SL2C/304	Level II: Penguins (5) SL2C/305	Level III: Goldfish (6) SL3C/303	Level VIB: Fitness Swimmer (6) SL6bC/301
10:30AM-11:15AM	Level I: Starfish (5) SL1C/305	Level I: Starfish (5) SL1C/306	Level II: Penguins (5) SL2C/306	Level III: Goldfish (6) SL3C/304	Level IV: Sea Lions (6) SL4C/303
11:45AM-12:30PM	Level I: Starfish (5) SL1C/307	Level II: Penguins (5) SL2C/307	Level II: Penguins (5) SL2C/308	Level III: Goldfish (6) SL3C/305	Level V: Flying Fish (6) SL5C/301
12:45PM-1:30PM	Level I: Starfish (5) SL1C/308	Level I: Starfish (5) SL1C/309	Level II: Penguins (5) SL2C/309	Level III: Goldfish (6) SL3C/306	Level IV: Sea Lions (6) SL4C/304

Session III Evening Lessons: Monday, July 27th through August 7th

Time					
5:00PM-5:45PM	Level I: Starfish (5) SL1C/310	Level II: Penguin (5) SL2C/310	Level III: Goldfish (6) SL3C/307	Level IV: Sea Lions (6) SL4C/305	Level VIA: Personal Water Safety (6) SL6AC/301
6:15PM-7:00PM	Level I: Starfish (5) SL1C/311	Level I: Starfish (5) SL1C/312	Level II: Penguins (6) SL2C/311	Level III: Goldfish (6) SL3C/308	Level V: Flying Fish (6) SL5C/302

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