

WELLS BRANCH MUD

Learn to Swim Program

Summer 2010



WELLS BRANCH MUD OFFICE
3000 Shoreline Dr.
Austin, TX 78728
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KATHERINE FLEISCHER POOL
2106 Klattenhoff Dr.

WELLS BRANCH MUD
LEARN TO SWIM PROGRAM REGISTRATION FORM 2010
(If you want to sign up more than one class/session, please write down the second class in class (2). Remember, one registration form per participant.)

Name: (last) _____ (first) _____ D.O.B.: _____ Sex: _____
Class (1): _____ Session #: _____ Class Time: _____
Class (2): _____ Session #: _____ Class Time: _____
Parent/Guardian: _____ Address: _____
City: _____ Zip: _____ Phone: (day) _____ (night) _____
Email: _____
Emergency Contact Person: _____ Phone: _____

RELEASE: I hereby represent that I am the legal guardian of the participant. I assume all responsibility and waive any claim for compensation for accidental injury incurred while using District facilities and hereby agree to indemnify and hold harmless Wells Branch, their agents, employees, whether paid or volunteer, against any and all claims which may arise from any injury to the participant.

Signature of Parent/Guardian: _____ Date: _____

NOTE: *Class fees are non-refundable and a \$3.00 transfer fee must be paid in advance to transfer from one session/time to another.*

*******FOR OFFICE USE ONLY*******

ActiveNet Receipt # _____ Accepted By: _____ Date: _____

PROGRAM OBJECTIVES

Welcome to the Wells Branch MUD Learn to Swim Program. For the summer of 2010, Wells Branch will offer the very best in swimming instruction. We hope your children will progress in their water skills and self-confidence during their time with us. Our Learn to Swim Program is designed for participants to learn about themselves as well as learning to swim. Each class builds on the skills learned in the previous level. Classes emphasize personal safety, endurance, lifesaving, and development of swimming strokes. All classes will be conducted at the Katherine Fleischer Pool and recreation tags are required only if you practice before or after the lesson.

CLASS INFORMATION

Each class maintains a low ratio of students per instructor to insure close, personal attention. We will offer both morning and afternoon sessions for toddlers, preschoolers and youth. All classes are 35 minutes, Monday through Thursday with Friday as a rain out day if needed. Transferring from one session/time to another is permitted up to one week prior to session start. A transfer form needs to be filled out and a \$3 transfer fee must be paid.

CLASS REGISTRATION

To sign-up for a session it is necessary to pre-register one week prior to the session at the MUD office. No phone or mail-in registrations will be accepted. ***Walk-ins on the first class day are not allowed.*** We cannot "hold" spaces in a class without payment. ***All fees are non-refundable*** unless the session is cancelled. Be sure to mark the correct session and time. If a class has insufficient enrollment (less than 3 participants), the MUD reserves the right to cancel the class and a full refund will be given or classes may be combined. We do not offer make-up classes except under bad weather days. In the event of thunder or lightning, water safety activities will be held in lieu of in water instruction. On bad weather days you may call 251-9932 for information about cancellations.

FEES

In-district cost will be \$40/session per child. Out-of-district cost will be \$55/session per child. There are no family discounts.

SESSION DATES

Session 1	June 7 – June 17
Session 2	June 21 – July 1
Session 3	July 6 – July 15 (There will be no lessons on July 5th, classes will be held Tuesday, 7/6—Friday, 7/9)
Session 4	July 19– July 29
Session 5	August 2 – August 12

WHAT CLASS SHOULD I ENROLL MY CHILD IN?

PLEASE remember to be accurate and honest when deciding in which level your child needs to enroll. It is important not to overestimate your child's abilities. Each level has specific learning goals. You know your child best and can serve as the essential tool in properly placing your child in the best possible learning environment for his or her needs. The following are the guidelines for age and skill level. **If your child is not able to perform all skills, that is the recommended class for your child to enroll.** Once you pick a class, you may only transfer your child into a different session/time but not to a different level. A transfer form needs to be filled out and a \$3 transfer fee must be paid before class begins.

— TODDLER (13-35 MONTHS)

- Parents and toddlers who have an interest to be in the water

— PRESCHOOL BEGINNER (3-5 YEARS)

- Enter and exit water independently/jump into water
- Fully submerge face
- Basic breathing control (holding breath)
- Front glide with support
- Front kick with flotation support

— PRESCHOOL INTERMEDIATE (3-5 YEARS)

- Retrieve underwater objects
- UNSUPPORTED front and back float and glide
- Level off from a vertical position without assistance
- Rhythmic breathing in water
- Swim at least 10 feet

— PRESCHOOL ADVANCED (3-5 YEARS) AND YOUTH BEGINNER (6-12 YEARS)

- Enter and exit water independently/jump into water
- Basic breathing control and retrieve underwater objects
- Level off from a vertical position without assistance
- Front kick with flotation support
- UNSUPPORTED front and back float and glide
- Swim at least 10 feet

— YOUTH INTERMEDIATE (6-12 YEARS)

- Gliding with a push off the wall
- Front crawl and backstroke with relative ease
- Fundamentals of elementary backstroke
- Treading water
- Rhythmic breathing in water
- Swim at least 25 feet

— YOUTH ADVANCED (6-12 YEARS)

- Swim at least 25 feet with front crawl, breaststroke and backstroke

SWIM LESSONS SYLLABUS (SUGGESTED)

TODDLER/PRESCHOOL BEGINNER LEVEL

- Water adjustment
- Breath control (bubble blowing, holding breath underwater)
- Water entry (jump in, assisted to unassisted)
- Water exit (assisted to unassisted)
- Retrieve underwater objects with support
- Front float and glide to recovery with support
- Front kick with flotation support
- Safety skills (changing direction, treading water)

PRESCHOOL INTERMEDIATE LEVEL

- Breath control (rhythmic breathing)
- Seated and kneeling dives
- Retrieve underwater objects without support
- Front float and glide to recovery without support
- Front kick without flotation support
- Back float, glide and kick with support
- Arm movement, prone position
- Roll over (front to back)

PRESCHOOL ADVANCED/YOUTH BEGINNER LEVEL

- Water entry and exit (jump in, assisted to unassisted)
- Breath control (rhythmic breathing, holding breath underwater)
- Retrieve underwater objects with and without support
- Front float, glide and kick with and without support
- Front and back arm movement
- Seated and kneeling dives
- Swim without assistance for 10 feet

YOUTH INTERMEDIATE LEVEL

- Breath control (rotary breathing)
- Front crawl with rotary breathing to side
- Elementary backstroke
- Breaststroke arms and legs
- Dolphin kick
- Treading water with hands
- Front and back turns
- Swim without assistance for 25 feet

YOUTH ADVANCED LEVEL

- Front crawl with breathing (50 feet)
- Backstroke with breathing (50 feet)
- Breaststroke with breathing (50 feet)
- Butterfly hands and kick coordination
- Side stroke
- Underwater swim
- Treading water without hands
- Surface dive

CLASS DESCRIPTIONS

Toddler (T)

This class is for children aged 12 months to under 3 years. The class introduces safety around the pool and beginning water skills in a social environment where the parent and child interact with each other and with other participants in the class. Children can learn skills such as breath holding, natural propulsion and safety.

Preschool-Beginners (PB), Intermediate (PI) & Advanced (PA)

This class is for children aged 3 to 5 years and is broken down into beginners and intermediate. Beginners are those who have little or no water skills and need a lot of assistance. This level focuses on floating and beginning arm movements. Safety skills are introduced. Intermediate is for children who have overcome many of their fears and can kick with a paddle board, and can float and kick on their backs. Instruction progresses into unsupported floating with kicks and rhythmic breathing. Progressive safety skills are taught. Advanced will learn to use a kickboard, swim the front crawl, and floating on their backs in deep water. Parents are encouraged to remain in the pool area while class us un session.

Youth-Beginners (YB), Intermediate (YI), and Advanced (YA)

Youth is for children aged 6 years and up and is broken down into beginners, intermediate, and advanced. Beginners are those who have little or no water skills and need a lot of assistance. Beginners learn to use a kickboard, swim the front crawl, and floating on their backs in deep water. Intermediate swimmers can swim without any assistance. Intermediate level focuses on increasing endurance and improving form on the front crawl stroke with concentration on rotary breathing and improving swimming on their back. Advanced beginners will learn and enhance competitive starts and all other strokes.

Adults

We do offer adult swim lessons. Please see our adult swim lesson form for details.

Private Lessons

Upon request, an individual may schedule private lessons for a cost of \$20/30 minutes, or \$45 for three 30 minute sessions. All fees must be paid before class starts.

CLASS SCHEDULES

*Note: Schedules are subject to change.

CLASS NAME & TIME:	Session 1 June 7 - June 17	Session 2 June 21 - July 1	Session 3 July 6 - July 15	Session 4 July 19 - July 29	Session 5 August 2- August 12
<i>Toddler (T)</i>					
9:45 - 10:20 AM		N/A	N/A	N/A	
4:00 - 4:35 PM		N/A	N/A	N/A	
<i>Preschool Beginner (PB)</i>					
9:00 - 9:35 AM					
9:45—10:20 AM	N/A				N/A
10:30 - 11:05 AM					
11:15 - 11:50 AM					
4:45 - 5:20 PM					
5:30 - 6:05 PM					
6:15 - 6:50 PM					
<i>Preschool Intermediate (PI)</i>					
9:45 - 10:20 AM					
10:30 - 11:05 AM					
4:00—4:35 PM	N/A				N/A
4:45 - 5:20 PM					
6:15 - 6:50 PM					
<i>Preschool Advanced (PA)</i>					
4:00—4:35 PM					
5:30—6:05 PM					

*Note: Schedules are subject to change.

CLASS NAME & TIME:	Session 1 June 7 - June 17	Session 2 June 21 - July 1	Session 3 July 6 - July 15	Session 4 July 19 - July 29	Session 5 August 2- August 12
<i>Youth Beginner (YB)</i>					
9:00 - 9:35 AM					
10:30 - 11:05 AM					
11:15 - 11:50 AM					
4:00 - 4:35 PM					
4:45 - 5:20 PM					
7:00-7:35 PM					
<i>Youth Intermediate (YI)</i>					
9:45 - 10:20 AM					
11:15-11:50 AM					
5:30 - 6:05 PM					
6:15-6:50 PM					
7:00—7:35 PM					
<i>Youth Advanced (YA)</i>					
9:00 - 9:35 AM					
7:00—7:35 PM					