

Winter 2012
January - March

Youth Aquatic Programs

The Aurora Wellness Center is pleased to offer a complete aquatics training program that addresses the needs of swimmers of all ages and levels – from beginner to advanced swimmers.

As always, the Aurora Wellness Center aquatic department follows the American Red Cross format for our “Learn-To-Swim” youth programs. Our instructors maintain current certifications in Water Safety Instruction, CPR/AED for the Professional Rescuer, and Standard First Aid. It is our goal to provide you with an energetic, highly motivating, and safe environment in which your child can “Learn to Swim”.

Winter Session January 9 – March 17, 2012



Registration Information

Members	Monday, December 12, 2011 9am - 1pm and 4pm - 7pm
Members & Non-Members	Wednesday, December 14, 2011 9am - 1pm and 4pm - 7pm

Water Safety Instructors will be available to answer questions during registration. If you have questions about your child’s placement or regarding the “Learn to Swim” program, please ask them at that time. Registrations are accepted on a first come, first served basis by submitting a completed “Learn to Swim” registration form along with payment.

Inside this issue:

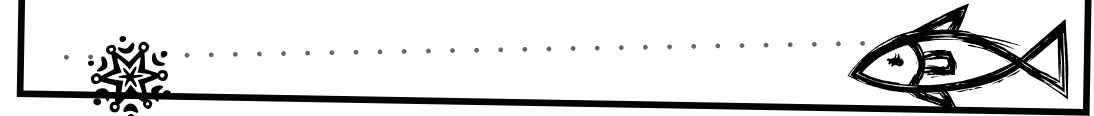
Special Offerings	2-3
"Learn to Swim" 6 months - 4 years	4-5
"Learn to Swim" 5 years and up	6-7
Winter Swim Club	8-9
Calendar of Events	10
Registration Form	11
Frequently Asked Questions	12

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In partnership with:



Private Swimming Lessons

Private lessons are available for any age and ability. Our instructors are trained to teach you no matter what your goals: from introductory swimming skills to refinement of advanced strokes. All private lessons are 30 minutes in length and can be scheduled at your convenience year round — no need to wait until Learn-To-Swim Registration Day! Stop by the Service Desk to sign up. Private (1 swimmer), Private + 1 (2 swimmers of similar abilities and goals), and Private + 2 (3 swimmers of similar abilities and goals) are available. Private lesson rates are as follows:

<i>Private Swimming Lesson Rates</i>	<i>Member/Non-Member</i>
1... 30-minute lesson	\$21/\$27
5... 30-minute lessons	\$95/\$125
10... 30-minute lessons	\$170/\$230

<i>Private + 1 Swimming Lesson Rates</i>	<i>Member/Non-Member</i>
1... 30-minute lesson/participant	\$15/\$18
5... 30-minute lessons/participant	\$65/\$80
10... 30-minute lessons/participant	\$120/\$150

<i>Private + 2 Swimming Lesson Rates</i>	<i>Member/Non-Member</i>
1... 30-minute lesson/participant	\$12/\$15
5... 30-minute lessons/participant	\$50/\$65
10... 30-minute lessons/participant	\$95/\$125



Gym & Swim

Gym & Swim allows children to participate in a variety of gym activities, as well as the “Learn to Swim” program. Class begins with 30 minutes of gym-time with child **and** parent(s). Activities may include basic tumbling and beginning ball handling skills. Your child will also have the opportunity to play with a variety of sport balls, hula-hoops, scooters, and our giant parachute. Following gym-time, children will change into their swimsuits and join their appropriate level of the “Learn to Swim” program at its scheduled time. Check class descriptions on page 5 for appropriate class level.

<i>Session Dates</i>	<i>Instructors</i>	<i>Member/Non-Member Fees</i>
Fridays, January 13 - March 16	Beth Volbrecht & Jodi Larsen	\$100/\$115
<i>Class Options</i>	<i>Class Time</i>	
Preschool 1/2	Gym 10:00-10:30 am, Swim 10:45-11:15 am	
Transition to Preschool	Gym 10:30-11:00 am, Swim 11:15-11:45 am	
Preschool 3/4	Gym 11:00-11:30 am, Swim 11:45am—12:30 pm	

Home School Physical Education Program

The Home School Physical Education Program is designed to reach home-schooled youth ages 4 - 12 interested in enhancing their current level of fitness. Interaction with other children through swimming is encouraged during each class.

<i>8-week Winter Session</i>	<i>Day & Time</i>	<i>Class</i>
January 27-March 16	Fridays, 12:30-1:15pm	Preschool
	Fridays, 12:30-1:15pm	Level 1/2
	Fridays, 1:15-2:00pm	Level 3/4
	Fridays, 1:15-2:00pm	Level 5/6



Instructor: Beth Volbrecht & Jodi Larsen

Registration ~ Members & Non-Members

Monday, December 12 from 9am-1pm & 4pm-7pm

Member/Non-Member Fees

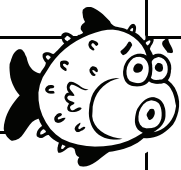
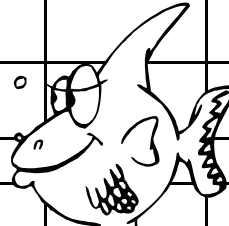
\$60/\$75

Holiday Break Open Swim



Open swim will be offered during the holiday break Monday, December 26—Thursday, December, 30, 2011. The competition pool will be open for children ages 6 months-14 years from 11 am-2pm; the warm water pool will be available for children ages 6 months-3 years from 11 am-Noon; the whirlpool will not be available during this time. Fee is \$5 per day per child; parents are welcome to swim *with* their child free of charge. A parent or guardian must supervise their child at all times.

“Learn to Swim” ~ Parent & Tot and Preschool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am				Preschool 3		
10:00am				Preschool 1/2	Gym & Swim Preschool 1/2 Gym, 10:00-10:30 Swim, 10:45-11:15	Parent & Tot I/II, Preschool 1 & Preschool 2
10:30am		Parent & Tot I		Transition to Preschool	Gym & Swim Transition to Preschool Gym, 10:30-11:00 Swim, 11:15-11:45	Preschool 3 & Preschool 4
11:00am		Parent & Tot II			Gym & Swim Preschool 3/4 Gym, 11:00-11:30 Swim, 11:45-12:30	
11:15am						Transition to Preschool
11:30am		Preschool 2				
4:45pm	Transition to Preschool		Transition to Preschool & Preschool 3			
5:15pm	Parent & Tot I/II, Preschool 2 & Preschool 4		Preschool 1 & Preschool 2			
5:45pm	Preschool 3		Parent & Tot I/II			
6:30pm	Preschool 1		Preschool 1/2			

Parent and Tot Programs

Parent and Tot classes require the parent to be with their child in the pool. No more than eight children will be accepted into each Parent and Tot class. Classes are 30 minutes in length and held in the warm water pool.

Parent and Tot I (6 months to 18 months)

Instructor familiarizes you and your child with basic water skills through songs and games.
\$70/\$85

Parent and Tot II (18 months to 3 years)

Emphasis is placed on introducing your child to water using a variety of fun activities. This class will prepare your child for further swimming instruction with the introduction of basic water skills. \$70/\$85

Preschool Programs



The Preschool program is designed to adequately prepare your 3 & 4-year-old child for the youth program. Preschool class participants are *not* accompanied by their parent in the water. Parents of these children will observe from the Pool Observation area on the upper level. Student/Instructor ratio will not exceed 5 to 1. The Transition to Preschool, Preschool 1 and 2 classes are 30-minutes in length, while the Preschool 3 and Preschool 4 classes are 45-minutes in length.

Transition to Preschool

This class is for 2 1/2–3 1/2 year olds. It is their first class without a parent in the pool. We will be in the warm water pool and transition to the competition pool. Skills will be the same as Preschool 1 focusing on water adjustment. \$70/\$85

Preschool 1

Basic water skills such as water entry and exit, kicking, and floating will be the main emphasis along with a focus on pool safety rules. The main objective of this class is swimming instruction without the presence of a parent; made possible with a variety of fun activities and games. This is the perfect class for those experiencing fear in the water, or with no previous lesson experience. \$70/\$85

Preschool 2

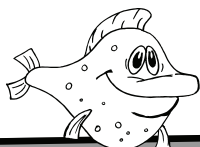
Emphasis remains on fun; beginner stroke techniques, individual swimming skills, and underwater exploration are also taught. Previous lesson experience is not required, providing that the child experiences no fear in the water or away from mom and dad. \$70/\$85

Preschool 3

Independent swimming and beginner stroke techniques are emphasized. Many Level 2 skills will be introduced throughout class. Entrance requires successful completion of Preschool 2. \$75/\$90

Preschool 4

This class is for 3 & 4-year-old children who are becoming independent in the water. Continued development of the front and back crawl is emphasized. Participants will be introduced to the elementary backstroke, butterfly kick and breaststroke kick. Entrance requires successful completion of Preschool 3. \$75/\$90



“Learn to Swim” ~ Youth Programs

Youth classes will not exceed a 6 to 1 Student/Instructor ratio. Parents will observe class from the Pool Observation area on the upper level. Youth classes are 45-minutes in length. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at Level 1, which has no prerequisite.

Level 1

Introduction to Water Skills The objective of this class is for your child to feel more comfortable in the water and enjoy the water safely. Elementary aquatic skills, which students will build on as they progress through the six levels, will be emphasized. \$75/\$90

Level 2

Fundamental Aquatic Skills Designed to provide students success with fundamental skills. Children learn to perform a variety of skills without support; focus is placed on developing the front and back crawl. \$75/\$90

Level 3

Stroke Development Introduction to elements of the butterfly, coordination work of the front and back crawl, advanced body control skills, and fundamentals of treading water. \$75/\$85

Level 4

Stroke Improvement Develops confidence in strokes learned and improves additional aquatic skills. Students increase their endurance through swimming front and back crawl for greater distances. Students continue to build on the butterfly, and introduction of the elementary backstroke, breaststroke, and elements of the sidestroke will be taught. \$75/\$90

Level 5

Stroke Refinement Provides further coordination and refinement of strokes. Students refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. \$75/\$90

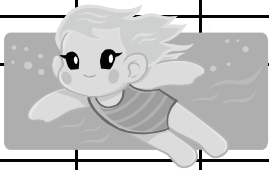

Level 6

Swimming and Skill Proficiency Class objective is to refine strokes so students can swim with ease, efficiency, power, and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing students with a variety of activities. Options include: Personal Water Safety and Fitness Swimmer. \$75/\$90

Fitness Swimmer

This class is for swimmers Levels 4-6. The goal is to develop a life-long love of swimming for fitness. This class is for the swimmer not currently interested in competitive swimming and will include lap swimming, flip turns and how to use a pace clock. It will also give swimmers a basic knowledge of how to read a set. **This class is one hour long and can accommodate 10 swimmers per instructor.** \$75/\$90

“Learn to Swim” Master Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am						Level 3 and Level 4
9:15am				Preschool 3		Level 1, 2 & 5/6
10:00am				Preschool 1/2	Gym & Swim Preschool 1/2 <i>Gym, 10:00-10:30</i> <i>Swim, 10:45-11:15</i>	Parent & Tot I/II Preschool 1 & Preschool 2
10:30am		Parent & Tot I		Transition To Preschool	Gym & Swim Transition to Preschool <i>Gym, 10:30-11:00</i> <i>Swim, 11:15-11:45</i>	Preschool 3 & Preschool 4
11:00am		Parent & Tot II			Gym & Swim Preschool 3/4 <i>Gym, 11:00-11:30</i> <i>Swim, 11:45-12:30</i>	
11:15am						Transition to Preschool
11:30am		Preschool 2				
4:45pm	Transition To Preschool		Transition To Preschool & Preschool 3			
5:15pm	Parent & Tot I/II, Preschool 2 & 4		Preschool 1, Preschool 2 & Level 2			
5:30pm			Level 3			
5:45pm	Preschool 3 & Level 1		Parent & Tot I/II & Level 4			
6:00pm	Level 2					
6:15pm			Level 1 & Level 2			
6:30pm	Preschool 1 & Level 3		Preschool 1/2			
6:45pm	Level 4					
7:00pm	Level 2 & Fitness Swimmer		Level 3 & Fitness Swimmer			

Youth, Preschool, and Parent & Tot

January 9 - March 17 2012

Severe Weather

Please check WTMJ4 for class cancellation notices.

Winter Swim Club

The Aurora Wellness Center Swim Club is dedicated to providing a safe environment in which children can experience a positive social, educational, and physical experience within the framework of competitive swimming. Instruction is provided to meet each individual swimmer's needs. Emphasis is placed on improving stroke technique, starts, turns, finishes, overall speed, and endurance. In addition to practices, several meet opportunities are available to all levels of competitors throughout the season. *Entry is limited, early registration is strongly recommended.*



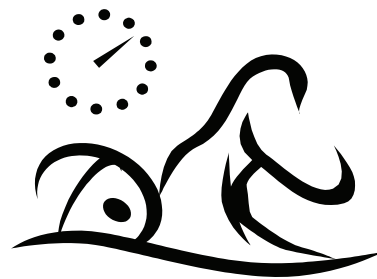
Meet your Coaches

Head Coach Alissa Bartz is a graduate of UW-Stevens Point where she earned a degree in Health Promotion and Wellness. Alissa swam for the UWSP Pointer team for 4 years where she was an 8-time All American. As a freshman she was named "Most Outstanding Female in an Individual Sport." As a senior she served as team captain and was honored as "MVP." Alissa has over 7 years of coaching experience including beginner, high school, and collegiate levels and is a certified American Red Cross Water Safety Instructor.

Assistant Coach Beth Volbrecht joins us for her fourth year as an AWC Swim Club coach. A former competitive swimmer in club and high school programs, Beth has continued with swimming as a water safety instructor. Beth has nearly 20 years of instructing experience as a certified American Red Cross Water Safety Instructor.

Assistant Coach Naomi Rauch enters her seventh year with the AWC Swim Club. A former competitive swimmer in club and high school programs, Naomi continued with swimming as an USS club coach and American Red Cross water safety instructor.

Assistant Coach Jodi Larsen recently completed her second fall swim club season coaching at the AWC. Jodi has been a competitive swimmer since the age of 4, competing both in club and high school. She has been certified as an American Red Cross Water Safety Instructor for two years.



Please note that winter swim club starts on Thursday, January 12 and ends on Tuesday, March 20!

Pre-Team

This class is for the swim student who wants to be competitive but is not quite ready. The class will include work on proper competitive strokes, endurance and technique. The course will also include competitive starts and flip turns. Course prerequisites include passing Level 2 or equivalent swim ability which includes kicking the length of the pool and a basic knowledge of front and back crawl. Students also need to be comfortable having the instructor out of the water at times. Participants will have a small swim meet at the end of the session to become familiar with competitive meets.

January 9—March 12	Mondays	6:00-7:00pm	Fee: \$48
January 11—March 14	Wednesdays	6:00-7:00pm	Fee: \$48

Novice Swim Club

Entry requires the ability to swim 25 yards (1 length) freestyle and backstroke in good form. Successful completion of American Red Cross Level 3 or equivalent is also required.

January 12 – March 20	Tuesday / Thursday, 5:30-6:30pm	Fee: \$95
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Intermediate Swim Club

Entry requires the ability to swim 500 yards (20 lengths) without rest. Competency in freestyle, breaststroke, backstroke, and butterfly is also required.

January 12 – March 20	Tuesday / Thursday, 6:30-8:00pm	Fee: \$125
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Senior Swim Club

Entry requires prior competitive swimming experience with coaches' discretion.

January 12 – March 20	Tuesday / Thursday, 6:30-8:00pm	Fee: \$125
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Registration Information

AWC Members:	Monday, December 12	9am-1pm and 4pm-7pm
Members & Non-Members:	Wednesday, December 14	9am-1pm and 4pm-7pm

Registrations are accepted on a first come, first served basis by submitting a completed registration form along with payment. Coaches will be available at registration to answer questions and help place your child in the appropriate level.

Space is limited in each of the three levels. Once these levels fill, we are unable to add additional swimmers, regardless of swimming history with the club. Please plan on attending registration to ensure your child's spot.

Spring Break Open Swim

The AWC will be opening its pool doors throughout the week of Spring Break (*April 9-13*) for open swimming. The competition pool will be open for children ages 6 months - 14 years from 11am-3pm; the warm water pool will be available for children ages 6 months - 3 years from 11am-Noon; the whirlpool will *not* be available during this time.

Fee is \$5 per day, per child; parents are welcome to swim *with* their child free of charge. *Refunds, transfers, or credits will not be offered for this program.* A parent or guardian must supervise their child at all times.



Aurora Wellness Center Policies

- Refunds and/or make-up classes will not be offered. Credit will be issued only on a pro-rated basis if participation ceases due to medical reasons. A physician's note must be provided to the service desk within one week of discontinuing the program.
- Participants must bring their own towel.
- Participants of swim club must use the boys' and girls' competitive locker rooms. Locks are available at the service desk, or you may use your own. Permanent locks are not permitted.
- Participants must shower before entering pool.
- Parents and children are permitted only in the aquatic area of the facility. All parents are to observe classes in the Pool Observation deck located on the main level.
- **Please be aware that the area outside of the locker rooms is a rehab patient waiting room. We appreciate you being courteous of our patients.**

Schedule of Events

- December 12 - Member Registration for Winter Swim Club and "Learn to Swim", 9am-1 & 4-7pm.
- December 14 - Member and Non-Member Registration for Winter Swim Club and "Learn to Swim" 9am-1 & 4-7pm.
- December 24—Christmas Eve, Open 6am—12noon.
- December 25 - Christmas Day, Facility Closed.
- Dec. 26—30th, Holiday Break Open Swim, 11am-2pm.
- December 31 - New Year's Eve, Open 6am-12noon.
- January 1 - New Year's Day, Facility Closed.
- January 9 - "Learn to Swim" Winter Session Begins, 1-9 to 3-12.
- January 12 - Winter Swim Club Begins, 1-12 to 3-20.
- March 5 - Spring & Summer Youth Aquatic Programs Guide available.
- March 19 - Member Registration for Spring Stroke Technique and "Learn to Swim", 9am-1pm & 4-7pm.
- March 21 - Member and Non-Member Registration for Spring Stroke Technique and "Learn to Swim", 9am-1pm & 4-7pm.
- March 26 - "Learn to Swim" Spring Session Begins.
- March 26—Stroke Technique Clinic begins.
- April 7-13, Spring Break No swim lessons or swim club.

Registration Form Winter 2012

AWC Member Name: _____ AWC Card Number: _____

To receive member rate, your current AWC membership card must be presented at time of registration.

Participant's Name: _____ Birth Date: ____/____/____ Age: ____

Last Level Successfully Completed: _____ Where? Aurora Wellness Center Other

Parent/Guardian: _____

Address: _____ City, ST, Zip: _____

E-mail Address: _____

Daytime Phone: _____ Evening Phone: _____

Emergency Contact: _____ Phone: _____

Please list any health concerns: _____

Class Day: Monday Tuesday Wednesday Thursday Friday Saturday

Class Time: _____ AM PM

Class Title: Novice Swim Club Intermediate Swim Club Senior Swim Club

Pre-Team Home School _____

Level 1 Level 2 Fitness Swimmer

Level 5 Level 6 Level 3

Preschool 1 Preschool 2 Parent & Tot 1 Parent & Tot II

Gym & Swim Transition to Preschool Gym & Swim Pre 1/2 Preschool 3 Preschool 4

Gym & Swim Pre 3/4

Liability Waiver:

I, the undersigned parent/guardian of _____, do hereby acknowledge that I am aware that my child's participation in the swimming program at the Aurora Wellness Center involves certain risks including, but not limited to death serious neck and spinal injuries resulting in complete or partial paralysis, heart attacks, and injury to bones, joints and muscles. My child is voluntarily participating in the Aurora Wellness Center swimming program with knowledge of the dangers involved and I hereby agree to accept any and all inherent risks of and assume full responsibility for any loss of personal property, property damage, personal injury, or death. I hereby voluntarily waive any and all claims resulting from negligence, both present and future, that may be made by me, my child, and other members of my family, or my estate, heirs or assignees.

I also agree to indemnify and hold harmless the Released Parties, (Aurora Wellness Center owners and affiliates, employees, instructors and agents) from any and all liability or claims made by other parties as a result of my child's actions in anyway relating to use of the Aurora Wellness Center facilities and equipment and engaging in any Aurora Wellness Center activity. I have read this form and fully understand that by signing this form, I am giving up certain legal rights and/or remedies.

Parent/Guardian Signature _____

Today's Date _____

REFUNDS OR MAKEUP CLASSES WILL NOT BE OFFERED.

Frequently Asked Questions

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What if I can't attend either of the registration days?

We are not able to accept phone or fax registrations. Registrations are accepted on a first come, first served basis by submitting a completed registration form along with payment on registration day. A friend or family member may bring in the completed registration form along with payment on registration day between the hours of 9am-1pm and 4pm-7pm. You may also register in person at our service desk at any time after the two initial days of registration.

How do I know if class is cancelled due to severe weather?

Please check WTMJ4 for class cancellation notices.

Is there childcare available for non-members of the facility during lessons?

Yes...Kids Korner is available to non-members of the Wellness Center. Children between the ages of 6 months and 12 years are welcome to attend. Cost is \$2.50 per hour, per child. Feel free to check out Kids Korner during registration.

What if my child misses a class?

Refunds and/or make-up classes will not be offered. Credit will be issued only on a pro-rated basis if participation ceases due to medical reasons. A physician's note must be provided to the service desk within one week of discontinuing the program. No refunds will be given due to pool temperature.

What does my child need to bring to their lesson?

Parents and children must bring their own towels. Children who are not toilet trained must wear a swim diaper or cloth diaper with plastic pants. Regular disposable diapers are not allowed. Tiebacks for children with long hair will help them swim without the distraction of hair in the face.

Why is my child asked to shower before entering the pool?

Aurora Wellness Center policy states that showers are required before entering the pool. This policy is in place for the health and safety of over 200 people who use the pool each day.

Where does my child change for lessons?

Participants of the swimming program must use the boys' and girls' competitive locker rooms, or the family locker room. Please be aware that the area outside of the locker rooms is a rehab patient waiting room. We appreciate you being quiet and courteous of our patients in this area. **Children are not permitted in the member locker rooms.**

What can I do to help my child progress at a faster rate?

A child will not move to the next level until he/she has successfully demonstrated the skills required in their current level. Please remember that even though your child may not have advanced to the next level, instructors will individualize within each class, keeping all children challenged.

What can you do as a parent? Don't compare children; each child will progress at a pace that's right for them. Always be understanding and encouraging. Your child can practice their skills at home, blowing bubbles during bath time or using "big arms" while watching television. Ask their instructor for additional skills they can work on at home.

Can I watch my child's lesson?

Parents are invited to stay and watch their child's lesson. **All parents are to observe classes in the Pool Observation area, located on the main level.** Parents and children are permitted only in the aquatic area of the facility.