



# Youth Aquatic Programs

The American Red Cross is the leader in aquatics training. You won't find a more complete program addressing 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 all aquatic training. Our instructors maintain current certifications in Water Safety Instruction, CPR 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".

Fall Session September 14 - November 21, 2009

## Registration Information

Members Monday, August 17, 2009  
9am - 1pm and 4pm - 7pm

Members & Wednesday, August 19, 2009  
Non-Members 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. **To receive member rate, your current AWC membership card must be presented at time of registration.**

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## Fall 2009

September - December

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Supervisor - Wellness Programs  
Barb Stollenwerk  
Aquatic & Fitness Specialist  
Alissa Bartz  
Supervisor - Wellness Center  
Donna Lueth

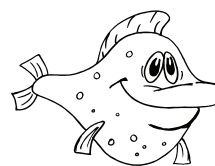
In partnership with:



## Private Swimming Lessons

Private lessons are available to 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. 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	\$20/\$26
5... 30-minute lessons	\$90/\$120
10... 30-minute lessons	\$160/\$220
<i>Private + 1 Swimming Lesson Rates</i>	<i>Member/Non-Member</i>
1... 30-minute lesson/participant	\$14/\$17
5... 30-minute lessons/participant	\$60/\$75
10... 30-minute lessons/participant	\$110/\$140
<i>Private + 2 Swimming Lesson Rates</i>	<i>Member/Non-Member</i>
1... 30-minute lesson/participant	\$11/\$14
5... 30-minute lessons/participant	\$45/\$60
10... 30-minute lessons/participant	\$85/\$115



## Gym & Swim

Gym & Swim allows children to participate in a variety of gym activities as well as the American Red Cross “Learn to Swim” program. Gym & Swim includes 30-minutes of “Learn to Swim” and 30-minutes of gym-time with child *and* parent(s). Activities may include basic tumbling, beginning ball handling skills, and dramatic play. Your child will also have the opportunity to play with a variety of sport balls, hula-hoops, scooters, and our giant parachute. See the Fall “Learn to Swim” schedule for appropriate Gym & Swim class times.

<i>Session Dates</i>	<i>Instructors</i>	<i>Member/Non-Member Fees</i>
Fridays, September 18 - November 20	Beth Volbrecht	\$90/\$105

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## 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 and fitness is encouraged during each class. Select your child's class level using the information provided on page 6.

<i>8-week Fall Session Day &amp; Time</i>	<i>Class</i>	<i>Instructor</i>
October 2 —November 20    Fridays, 1-1:45pm	Level 1/2/3	Beth Volbrecht
<i>8-week Fall Session Day &amp; Time</i>	<i>Class</i>	<i>Instructor</i>
October 2—November 20    Fridays, 1:45-2:30pm	Level 4/5/6	Beth Volbrecht
<i>Registration ~ Members &amp; Non-Members</i>		<i>Member &amp; Non-Member Fees</i>
Monday, August 17 from 9am-1pm & 4pm-7pm		\$65

## Novice Stroke Technique Clinic

There's no better way to prepare for winter swim club than with this specially designed clinic for beginning competitive swimmers. Your child will receive detailed instruction on beginning competitive swimming techniques, such as starts, turns, diving, and much more.  
*Prerequisites Include ~ Successful completion of Level 3.*

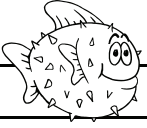
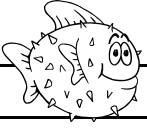
<i>Session Dates</i>	<i>Day &amp; Time</i>	<i>Instructor s</i>
December 1 - 17	Tuesdays & Thursdays, 5:30-6:30pm	Alissa Bartz & Naomi Rauch
<i>Registration ~ Members &amp; Non-Members</i>		<i>Member &amp; Non-Member Fees</i>
Monday, October 5, 2009 at 9am		\$48

## Intermediate & Senior Stroke Technique Clinic

Designed as a supplement to Swim Club, this clinic is perfect for the competitive intermediate or senior swimmer. Your child will receive detailed instruction on starts, turns, stroke technique, and more. Swimmers must have prior competitive experience.

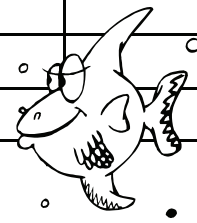
<i>Session Dates</i>	<i>Day &amp; Time</i>	<i>Instructor s</i>
December 1 - 17	Tuesdays & Thursdays, 6:30-7:30pm	Alissa Bartz & Naomi Rauch
<i>Registration ~ Members &amp; Non-Members</i>		<i>Member &amp; Non-Member Fees</i>
Monday, October 5, 2009 at 9am		\$48

## “Learn to Swim” ~ Parent & Tot and Preschool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am				Preschool 3		
10:00am				Preschool 1		Parent & Tot II, Preschool 1
10:30am		Parent & Tot I		Preschool 4/5	Gym & Swim Preschool 1/2 Swim, 10:30-11:00 Gym, 11:15-11:45	Preschool 3/4 & Preschool 2
11:00am		Parent & Tot II				
11:15am					Gym & Swim Preschool 3/4 Gym, 11:15-11:45 Swim, 12:00-12:45	Parent & Tot (6 - 36 months) & Preschool 1/2
11:30am		Preschool 2				
5:15pm	Parent & Tot II, Preschool 1 & 2		Preschool 1			
5:45pm	Preschool 3					
6:00pm			Preschool 2			
6:30pm	Preschool 1					
7:00pm	Preschool 2					

Parent & Tot and Preschool Schedule

September 14 - November 21, 2009



### 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. \$65/\$80

#### 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. \$65/\$80

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## 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 main level. Student/Instructor ratio will not exceed 5 to 1. The Preschool 1 and 2 classes are 30 minutes in length, while the Preschool 3, 4, and 5 classes are 45 minutes in length.

### 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. \$65/\$80

### 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. \$65/\$80



### Preschool 3

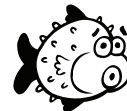
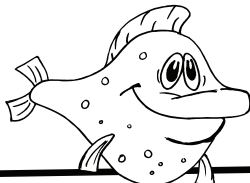
Independent swimming and beginner stroke techniques are emphasized. Many Level 2 skills will be introduced throughout class. Entrance requires successful completion of Preschool 2. \$70/\$85

### Preschool 4

Preschool 4 is essentially a Level 2 class for 3 & 4-year-old children. Refinement of the front and back crawl as well as endurance work will be emphasized. A few Level 3 skills will also be introduced. Entrance requires successful completion of Preschool 3. \$70/\$85

### Preschool 5

Preschool 5 includes many Level 3 skills. Children mainly work independently through all skills. Several new kicks will also be introduced throughout class. Entrance requires successful completion of Preschool 4. \$70/\$85



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## **“Learn to Swim” ~ Youth Programs**

Youth classes will not exceed a 6 to 1 Student/Instructor ratio. Parents may observe class from the Pool Observation area on the main 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. \$70/\$85

### **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. \$70/\$85

### **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. \$70/\$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. \$70/\$85

### **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. \$70/\$85

### **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. The Personal Water Safety option will be offered during the Fall 2009 session. \$70/\$85

## “Learn to Swim” Master Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am						Level 3 & 5
9:15am				Preschool 3		Level 1 & 2
10:00am				Preschool 1		Parent & Tot II Preschool 1
10:30am		Parent & Tot I		Preschool 4/5	Gym & Swim Preschool 1/2 Swim, 10:30-11:00 Gym, 11:15-11:45	Preschool 3/4 & Preschool 2
11:00am		Parent & Tot II				
11:15am					Gym & Swim Preschool 3/4 Gym, 11:15-11:45 Swim, 12:00-12:45	Parent & Tot (6 - 36 months), Preschool 1/2
11:30am		Preschool 2				
11:45						Level 2 & 4
5:15pm	Parent & Tot II, Preschool 1 & 2		Preschool 1 & Level 3			
5:45pm	Preschool 3, Level 1 & 2					
6:00pm			Preschool 2 & Level 6			
6:30pm	Preschool 1, Level 2, 3 & 4		Level 1 & 2			
7:00pm	Preschool 2					
7:15pm	Level 3, 5 & 6		Level 3 & 4			

Youth, Preschool and Parent & Tot Schedule

September 14 - November 21, 2009



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## Fall 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. Novice, Intermediate, and Senior levels are offered. *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 6 years of coaching experience including beginner, high school, and collegiate levels and is a certified American Red Cross water safety instructor.

Assistant Coach Naomi Rauch enters her fifth 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 Beth Volbrecht joins us for her second fall season with the AWC Swim Club. 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.

### Novice

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.  
September 15 – November 19                      T & Th, 5:30-6:30pm                      Fee: \$95

### Intermediate

Entry requires the ability to swim 500 yards (20 lengths) without rest. Competency in freestyle, breaststroke, backstroke, and butterfly is also required.  
September 15 – November 19                      T & Th, 6:30-8:00pm                      Fee: \$115

### Senior

Entry requires prior competitive swimming experience with coaches' discretion.  
September 15 – November 19                      T & Th, 6:30-8:00pm                      Fee: \$115

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## Fall Swim Club Registration Information

Members & Monday, August 17, 2009  
Non-Members: 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.

## 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 courtesy counter 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 courtesy counter, 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.



## September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## Schedule of Events

- August 17 - Fall "Learn to Swim" Member & Swim Club Registration, 9am-1pm & 4pm-7pm
- August 19 - Fall "Learn to Swim" Member and Non-Member Registration, 9am-1pm & 4pm-7pm
- September 7 - Labor Day, Facility Closed
- September 14 - "Learn to Swim" Fall Session Begins, 9-14 to 11-21
- September 15 - Fall Swim Club Begins, 9-15 to 11-19
- October 31 - Halloween, *All classes will be held!*
- November 1 - Standard Time Begins
- November 26 - Thanksgiving, Facility Closed
- December 7 - Winter Youth Aquatic Programs Guide Available
- December 14 - Winter "Learn to Swim" Member & Swim Club Registration, 9am-1pm & 4pm-7pm
- December 16 - Winter "Learn to Swim" Member and Non-Member Registration, 9am-1pm & 4pm-7pm
- January 4 - "Learn to Swim" Winter Session Begins, 1-5 to 3-14
- January 5 - Winter Swim Club Begins, 1-6 to 3-12

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## Registration Form Fall 2009

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: \_\_\_\_\_

- |  |   |   |   |                                   |                                 |                                   |
|--|---|---|---|-----------------------------------|---------------------------------|-----------------------------------|
| <b>Session:</b>                        | <input type="checkbox"/> Fall Session     | <input type="checkbox"/> Fall Swim Club         |   |                                   |                                 |                                   |
| <b>Class Day:</b>                      | <input type="checkbox"/> Monday           | <input type="checkbox"/> Tuesday                | <input type="checkbox"/> Wednesday        | <input type="checkbox"/> Thursday | <input type="checkbox"/> Friday | <input type="checkbox"/> Saturday |
| <b>Class Time:</b>                     | <input type="checkbox"/> AM               | <input type="checkbox"/> PM                     |   |                                   |                                 |                                   |
| <b>Class Title:</b>                    | <input type="checkbox"/> Novice Swim Club | <input type="checkbox"/> Intermediate Swim Club | <input type="checkbox"/> Senior Swim Club |                                   |                                 |                                   |
| <input type="checkbox"/> Level 1       | <input type="checkbox"/> Novice Clinic    | <input type="checkbox"/> Intermediate Clinic    | <input type="checkbox"/> Senior Clinic    |                                   |                                 |                                   |
| <input type="checkbox"/> Level 5       | <input type="checkbox"/> Level 2          | <input type="checkbox"/> Level 3                | <input type="checkbox"/> Level 4          |                                   |                                 |                                   |
| <input type="checkbox"/> Level 6       | <input type="checkbox"/> Level 6          | <input type="checkbox"/> Parent & Tot I         | <input type="checkbox"/> Parent & Tot II  |                                   |                                 |                                   |
| <input type="checkbox"/> Preschool 1   | <input type="checkbox"/> Preschool 1/2    | <input type="checkbox"/> Preschool 2            | <input type="checkbox"/> Preschool 3      |                                   |                                 |                                   |
| <input type="checkbox"/> Preschool 3/4 | <input type="checkbox"/> Preschool 4/5    | <input type="checkbox"/> Gym & Swim 1/2         | <input type="checkbox"/> Gym & Swim 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.

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## Frequently Asked Questions

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

**Phone or fax registrations will not be accepted.** 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.

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

Yes...Kidz 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 Kidz 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 courtesy counter 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. Tie-backs 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. **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.