

Fall 2011
September - December

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”.

Fall Session September 12 - November 19, 2011

Registration Information

Members Monday, August 22, 2011
9am - 1pm and 4pm - 7pm

Members & Wednesday, August 24, 2011
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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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. 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 per participant and 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	\$15/\$18 per participant
5... 30-minute lessons	\$65/\$80 per participant
10... 30-minute lessons	\$120/\$150 per participant
<i>Private + 2 Swimming Lesson Rates</i>	<i>Member/Non-Member</i>
1... 30-minute lesson	\$12/\$15 per participant
5... 30-minute lessons	\$50/\$65 per participant
10... 30-minute lessons	\$95/\$125 per participant

Gym & Swim



Gym & Swim allows children to participate in a variety of gym activities as well as the “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 games. 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 it’s scheduled time. See the schedule on page 4 for appropriate Gym & Swim class times.

<i>Session Dates</i>	<i>Instructors</i>	<i>Member/Non-Member Fees</i>
Fridays, September 16 - November 18	Beth Volbrecht & Jodi Larsen	\$100/\$115

Holiday Break Open Swim

Everyone is welcome to use our pool throughout the week of holiday break (December 26-30) for open swimming. The competition pool will be open for children ages 6 months-14 years from 11am—2pm; the warm water pool will be available for children ages 6 months-3 years from 11am-12 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 while in the facility. *Refunds or credits will not be offered.*



Home School Physical Education Program

The Home School Physical Education Program is designed to reach home-schooled youth ages 3 - 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 pages 5 & 6. *Instructors:* Beth Volbrecht/Jodi Larsen

<i>8-week Fall Session</i>	<i>Day & Time</i>	<i>Class</i>
September 30 –November 18	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

Member/Non-Member Fees \$60/\$75

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 & Time</i>	<i>Instructor s</i>
November 29 - December 15	Tuesdays & Thursdays, 5:30-6:30pm	Alissa Bartz & Naomi Rauch
<i>Registration ~ Members & Non-Members</i>		<i>Member & Non-Member Fees</i>
Monday, November 14, 9-11am and 5-7pm		\$49

Intermediate & Senior Stroke Technique Clinic

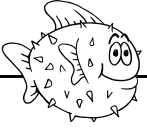
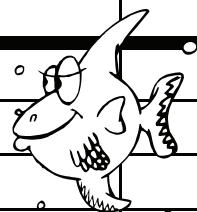
Designed as a supplement to Swim Club, this clinic is perfect for the competitive intermediate or senior swimmer. Your child will receive detailed instruction on starts, turns, stroke technique, and more. Swimmers must have prior competitive experience.

<i>Session Dates</i>	<i>Day & Time</i>	<i>Instructor s</i>
November 29–December 15	Tuesdays & Thursdays, 6:30-7:30pm	Alissa Bartz & Naomi Rauch
<i>Registration ~ Members & Non-Members</i>		<i>Member & Non-Member Fees</i>
Monday, November 14, 9-11am and 5-7pm		\$49

Holiday Learn-To-Swim

Watch for the schedule of this abbreviated Learn to Swim session that will run from November 28 through December 15. We will offer classes twice a week for three weeks. The same skills will be worked on as in a full session. Registration for members and non-members will be November 14 from 9-11am and 5-7pm..

“Learn to Swim” ~ Parent & Tot and Preschool

Parent & Tot and Preschool Schedule		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00						Preschool 2
	9:15am		Preschool 3				
	10:00am		Preschool 1			Gym & Swim Preschool 1/2 Gym, 10:00-10:30 Swim, 10:45-11:15	Parent & Tot (6 mo. to 3 years) & Preschool 1
	10:30am		Preschool 4		Parent & Tot I	Gym & Swim Trans. 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			
	5:15pm	Parent & Tot II, Preschool 2 & 4		Parent & Tot I, Preschool 1 & 2			
5:45pm	Preschool 3		Parent & Tot II & Preschool 3				
6:30pm	Preschool 1						

September 12 - November 19, 2011

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 main 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 student experiences no fear in the water or away from mom and dad. \$70/\$85

Preschool 3

Independent swimming and beginner stroke techniques are emphasized. Entrance into this class requires your preschooler to float on his or her own and be comfortable doing some skills unassisted. Successful completion of Preschool 2 is required. \$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/\$90

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. \$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
8:00am						Preschool 2
8:30am						Level 1 & 3
9:15am		Preschool 3				Level 2 & 5/6
10:00am		Preschool 1			Gym & Swim Preschool 1/2 <i>Gym, 10:00-10:30</i> <i>Swim, 10:45-11:15</i>	Parent & Tot (6 mo. to 3 years), Preschool 1 & Level 4
10:30am		Preschool 4		Parent & Tot 1	Gym & Swim Trans. 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			
5:15pm	Parent & Tot II, Preschool 2 & 4		Parent & Tot I, Preschool 1 & 2, Level 1			
5:45pm	Preschool 3, Level 1 & 2		Parent & Tot II, Preschool 3 & Level 3			
6:30pm	Preschool 1, Level 2, 3 & 4		Level 2 & 4			
7:00pm	Fitness Swimmer		Fitness Swimmer			
7:15pm	Level 3 & 4		Level 3 & 4			

Master Class Schedule

September 12 - November 19, 2011



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 7 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 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 Beth Volbrecht joins us for her fourth 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.

Assistant Coach Jodi Larsen recently completed her second summer swim club season coaching at the AWC. She is excited to join us for the fall swim club season! Jodi has been a competitive swimmer since the age of 4, competing both in club and high school. She has been certified as a American Red Cross water safety instructor for 2 years.



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 end of the session to become familiar with competitive meets.

September 12 – November 18 Monday **OR** Wednesday 6:00-7:00pm Fee: \$48/Night

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.

September 13 – November 17 T & Th, 5:30-6:30pm Fee: \$95

Intermediate Swim Club

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

September 13 – November 17 T & Th, 6:30-8:00pm Fee: \$125

Senior Swim Club

Entry requires prior competitive swimming experience with coaches' discretion.

September 13 – November 17 T & Th, 6:30-8:00pm Fee: \$125

Fall Swim Club Registration Information

Members	Mon., August 22	9am–1pm and 4pm–7pm
Members & Non-Members	Wed., August 24	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.



Lifeguard Training & Community First Aid (Waterfront Inclusive)

Course includes lifeguard skills for pool and open water, as well as CPR/AED for Lifeguards. Participants must be at least 15 years-old at the completion of the course. Prerequisites: A 550-meter continuous swim pre-test is given during the first class. The swim consists of 200m front crawl, 200m breaststroke and 150m crawl and/or breaststroke.

Thursday, December 8, 4:00-9:00pm

Friday, December 9, 4:00-9:00pm

Saturday, December 10, 8:00am—6:00pm

Sunday, December 11, 1:00-6:00pm

Cost: \$250.00, includes all materials and authorized provider fee to the American Red Cross.

Attendance is mandatory for all dates.

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/club in the Pool Observation deck located on the main level.

Schedule of Events

- August 22 - Member Registration for Fall "Learn to Swim" & Swim Club, 9am-1pm & 4pm-7pm
- August 24 - Member and Non-Member Registration for Fall "Learn to Swim" & Swim Club, 9am-1pm & 4pm-7pm
- September 5 - Labor Day, Facility Closed
- September 12 - "Learn to Swim" Fall Session Begins, 9-12 to 11-19
- September 13 - Fall Swim Club Begins, 9-13 to 11-17
- November 14 - Member & Non-Member registration for Stroke Technique Clinic and Holiday "Learn to Swim" Program, 9-11am and 5-7pm
- November 24 - Thanksgiving, Facility Closed
- November 28 - Learn to Swim Holiday session begins, 11/28 to 12/15
- November 29 - Stroke Technique Clinic begins, 11/29 to 12/15.
- November 28 - Winter Youth Aquatic Programs Guide Available
- December 12 - Member Registration for Winter "Learn to Swim" & Swim Club 9am-1pm & 4pm-7pm
- December 14 - Member and Non-Member Registration for Winter "Learn to Swim" 9am-1pm & 4pm-7pm
- December 26-30 Holiday Break Open Swim, 11am—2pm.
- January 9 - "Learn to Swim" Winter Session Begins, 1-9 to 3-17
- January 10 - Winter Swim Club Begins, 1-10 to 3-15

Registration Form Fall 2011

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: _____

Session: Fall Lessons Fall Swim Club

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 Fitness Swimmer Novice Clinic Intermediate Clinic
 Senior Clinic Level 1 Level 2 Level 3
 Level 4 Level 5 Level 6 Home School _____
 Parent & Tot I Parent & Tot II Transition to Preschool Preschool 1
 Preschool 2 Preschool 3 Preschool 4 Gym & Swim _____

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

**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 or any day after that. 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...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. 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 upstairs level.** Parents and children are permitted only in the aquatic area of the facility.