Spring into Action

Let’s prepare for an active summer at Aurora Wellness Center!

Our Youth Programs provide opportunities for children age 6 months to 18 years of age. Whether it’s swim lessons for parent & tot or youth; American Red Cross aquatic certification courses or Jr. Athlete training, Aurora Wellness Center offers something for every child.

Spring Break Open Swim

Everyone is welcome to use our pool from 11am-2pm; just $5 per day per child. We hope to see you there!

March 23-27

https://www.facebook.com/groups/AuroraWellnessCenter/

In partnership with American Red Cross
“Together, we can save a life”

American Red Cross
Private Swim 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 - one swimmer
All lessons are 30-minutes in length.

<table>
<thead>
<tr>
<th>Member</th>
<th>Non-member</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-lesson</td>
<td>$22</td>
</tr>
<tr>
<td>5-lessons</td>
<td>$100</td>
</tr>
<tr>
<td>10-lessons</td>
<td>$180</td>
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</tbody>
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Private + 1 Lesson - two swimmers
Price is per person; swimmers of similar abilities and goals. All lessons are 30-minutes in length.

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<tr>
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<tr>
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<tr>
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</tr>
<tr>
<td>10-lessons</td>
<td>$120</td>
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Private +2 Lesson - three swimmers
Price is per person; swimmers of similar abilities and goals. All lessons are 30-minutes in length.

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<tr>
<td>1-lesson</td>
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<tr>
<td>5-lessons</td>
<td>$60</td>
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<tr>
<td>10-lessons</td>
<td>$100</td>
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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. A 550-meter continuous swim pre-test is given during the first class. The swim consists of front crawl and/or breaststroke.

**Prerequisites:** Complete on-line portion of class by start date.  **Fee:** $250

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
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<tr>
<td>Thursday, April 30</td>
<td>5:00pm-9:00pm</td>
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<tr>
<td>Friday, May 1</td>
<td>4:00pm-9:00pm</td>
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<tr>
<td>Saturday, May 2</td>
<td>8:00am-6:00pm</td>
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<tr>
<td>Sunday, May 3</td>
<td>1:00pm-5:00pm</td>
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Attendance is mandatory for all dates. No refunds, no cancellations. Payment is due upon registration; please register no later than 3 days prior to class.
Helping swimmers of all ages and levels

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. 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.

Spring Learn-to-Swim Session
April 6 - May 9, 2020

Spring Swim Club
April 7 - May 7, 2020

Registration
Members
Monday, March 16
10am-12pm and 5pm-7pm
Members & Non-members
Wednesday, March 18
10am-12pm and 5pm-7pm

Summer I Learn-to-Swim Session
May 26 - June 29, 2020

Summer Swim Club
June 8 - Aug 13
No club June 29—July 2

Registration
Members
Monday, May 11
10am-12pm and 5pm-7pm
Members & Non-members
Wednesday, May 13
10am-12pm and 5pm-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.

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 towels.
- Participants of swim club and swim lessons 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. Street shoes are not permitted on the pool deck.
Parent & Tot Learn-to-Swim

Parent & Tot classes require the parent to be with their child in the pool. A minimum of 3 students and maximum of 8 students are accepted in each class. Classes are 30 minutes in length and held in the warm-water pool.

PT Parent & Tot (6 months to 3 years)

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

Preschool Learn-to-Swim

The Preschool program is designed to adequately prepare your 3 - 5 year old child for the youth program. Preschool class participants are not accompanied by their parent in the water. Parents will observe from the Pool Observation Deck on the upper level. A minimum of 3 students and maximum of 5 students are accepted in each class. The Transition to Preschool, Preschool 1 and 2 classes are 30 minutes in length, while the Preschool 3 classes are 45 minutes in length.

TP Transition to Preschool

Designed for 2 1/2 - 3 1/2 year old swimmers ready to experience their first class without the presence of a parent. Sessions will begin in our warm-water pool, transitioning to the competition pool. Skills will be the same as Preschool 1 focusing on water adjustment. $70/$85

P1 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

P2 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 the student experiences no fear in the water or away from mom and dad. $70/$85

P3 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

Swim Club

Pre-Team

This class is for the future competitive swimmer. The class will include work on proper competitive strokes, endurance and technique, as well as competitive starts and flip turns. Course prerequisites include passing Level 3 which includes the ability to swim (1 length) freestyle and backstroke in good form. 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. Min:4 Max: 10

April 8 - May 6 Wed, 5:30-6:30pm $40/$55
Youth Level Programs

The six-level Learn-to-Swim program for children age 5 and older allows students to progress at their own pace, mastering the skills in one level before advancing to the next. Each level includes training in basic water safety and helping others in an emergency in addition to stroke development. A minimum of 3 students and maximum of 6 students are accepted in each class. Parents will observe class from the Pool Observation Deck on the upper level. Youth classes are 45 minutes in length.

**L1 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

**L2 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

**L3 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

**L4 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

**L5 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

**L6 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

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**Swim Club**

**Novice Swim Club**
Entry requires the ability to swim 50 yards (2 lengths) freestyle and backstroke in good form and basic knowledge of breaststroke and butterfly. Successful completion of American Red Cross Level 4 or Pre-Team is also required. Min: 6 Max: 24
April 7 - May 7 Tuesday & Thursday, 5:30-6:30pm $55/$70

**Intermediate Swim Club**
Enter requires the ability to swim 500 yards (20 lengths) without rest. Competency in freestyle, breaststroke, backstroke and butterfly is also required. Min: 8 Max: 48
April 7 - May 7 Tuesday & Thursday, 6:30-8:00pm $75/$90

**Senior Swim Club**
Enter requires prior competitive swimming experience with coaches’ discretion. Min: 8 Max: 48
April 7 - May 7 Tuesday & Thursday, 6:30-8:00pm $75/$90

**Dive Clinic**
Designed for any swim club member needing additional coaching through starts or any lesson swimmer interested in learning a long, shallow dive from the side and the block. Min: 4 Max: 8
Thursday, April 2 5:30-7:00pm $25
## Spring Session
**April 6 - May 9, 2020**

<table>
<thead>
<tr>
<th>Monday &amp; Wednesday Evenings</th>
<th>Tuesday Mornings Only*</th>
<th>Tuesday &amp; Thursday Evenings</th>
<th>Saturday Mornings Only*</th>
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<tr>
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<td>PT</td>
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<td>10:45am</td>
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<td>6:45pm L4</td>
<td>L3 L4</td>
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<tr>
<td>7:15pm</td>
<td>7:00pm L5/6</td>
<td>L5 L6</td>
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*Tuesday & Saturday Morning clases meet 5 times, therefore the registration fees for these classes are reduced by 50%. Classes will continue to follow American Red Cross format; participants will simply meet fewer times.

**Registration**
- **Members**
  - Monday, March 16
  - 10am-12pm and 5pm-7pm
- **Members & Non-members**
  - Wednesday, March 18
  - 10am-12pm and 5pm-7pm

Tuesday & Saturday Morning Class Fees:
- **Member** $35-$37.50
- **Non-member** $42.50-$45
Learn-to-Swim, Swim Club & Dive Clinic Registration Form

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 _______________________________________

Preferred form of contact Email _______ Phone _______

Daytime Phone ___________________________ Evening Phone _______________________

Emergency Contact ___________________________ Phone __________________________

Please list any health concerns _______________________________________

Spring Registration

Members
Monday, March 16
10am-12pm & 5pm-7pm

Members & Non-members
Wednesday, March 18
10am-12pm & 5pm-7pm

Refunds and/or make-up classes will not be offered.
Credit will be issued only on a pro-rate basis if participation ceases due to medical reasons.

Spring Learn-to-Swim
April 6 - May 9, 2020

Class Day
☐ Monday & Wednesday PM
☐ Tuesday AM Only
☐ Tuesday & Thursday PM
☐ Saturday A.M. Only

Class Time
_____________ ☐ AM ☐ PM

Class Title
☐ Parent & Tot  ☐ Level 1
☐ Trans to Preschool  ☐ Level 2
☐ Preschool 1  ☐ Level 3
☐ Preschool 2  ☐ Level 4
☐ Preschool 3  ☐ Level 5
☐ Level 6

Swim Club
April 7 - May 7, 2020

Class Title
☐ Pre-Team  Wed, 5:30-6:30pm
☐ Novice  Tues/Thurs, 5:30-6:30pm
☐ Intermediate  Tues/Thurs, 6:30-7:30pm
☐ Senior  Tues/Thurs, 6:30-7:30pm

Spring Clinic

Class Title
☐ Dive Clinic  Thurs, April 2, 2020
5:30-7pm

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 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.

I also agree to grant permission to any and all of the foregoing to use any photographs, videotapes, recordings, or any other record of this event for publicity and/or promotional purposes _______ (initial)

Parent Name (Please Print) ___________________________ Parent Signature ___________________________ Date ____________

Session/Class Purchased ___________________________ Amount Paid ___________________________ Date Paid ___________________________ Staff Initials ________
Frequently Asked Questions

Spring Break Open Swim

March 23 – March 27, 2020

Everyone is welcome to use our pool throughout the holiday break. The competition pool will be open for children ages 6 months to 14 years from 11am-2pm; the warm-water pool will be available for children ages 6 months to 3 years from 11am-noon; the whirlpool will not be available during this time. Fee: $5 per day per child.

Parents are welcome to swim with their children free of charge.

Children must be supervised by a parent or guardian at all times while in the facility.

How do I receive the member rate?
To receive member rate, your current AWC membership card must be presented at time of registration. Interested in finding out more about AWC membership and benefits? Stop by our membership services office and see what makes us unique.

Is there childcare available for non-members of the facility?
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 $3.00 per hour, per child. Feel free to check out Kids Korner when you register for your program.

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 do I need to bring to Youth Training?
Dirt, mud, salt and snow destroy our equipment and flooring. Clean, dry footwear is required; carry-in your shoes.

Where does my child change for their program?
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. Tiesbacks for children with long hair will help them swim without the distraction of hair in the face.

What if 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.

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.

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 upper level. Parents and children are permitted only in the aquatic area of the facility.

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Kids Korner
262-767-7131

Monday-Thursdays, 7:45am-7:30pm
Friday, 7:45am-6pm
Saturday, 7:45am-12noon

(April 3 - Memorial Day)

(April 6 - Labor Day)

(April 7 - Memorial Day)

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