Come inside this winter!

Let us help you get through the long winter months by keeping the kids active at the Aurora Wellness Center!

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

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

300 McCanna Parkway, Burlington, WI 53105
☎ 262.767.7000  🌐 www.aurora.org/AWC
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.

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<tr>
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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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### 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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Calendar of Events

- **Monday, December 18** - Member registration for Winter Learn-to-Swim and Swim Club, 10am
- **Tuesday, December 19** - Member and Non-member registration for Winter Learn-to-Swim and Swim Club, 10am
- **January 8** - Winter Learn-to-Swim session begins, 1/8 to 3/9
- **January 9** - Winter Swim Club session begins, 1/9 to 3/12

Lifeguard Training & Community First Aid (Waterfront Inclusive) & Lifeguard & Community First Aid & CPR/AED Recertification classes will be available this Spring.
Helping swimmers of all ages and levels

Aurora Wellness Center is pleased to offer a complete aquatic training program that addresses the needs of swimmers of all ages and levels—from beginner to advanced. As always, Aurora Wellness Center aquatic department follows the American Red Cross format 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 Learn-to-Swim Session
January 8 - March 9, 2024

Winter Swim Club
January 9 - March 12, 2024

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. $75/$90

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 4 students are accepted in each class. 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. $75/$90

**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. $75/$90

**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. $75/$90
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 5 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.

**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. $85/$100

**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. $85/$100

**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. $85/$100

**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. $85/$100

**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. $85/$100

**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. $85/$100
## Winter Session
### January 8 - March 9

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### Registration
- **Members**: Monday, December 18 10am
- **Members & Non-members**: Tuesday, December 19 10am
AWC Member Name ____________________________ AWC Card Number ____________________________

To receive member rate, you must be an AWC member at time of registration.

Participant’s Name ____________________________ Birth Date _____ / _____ / ______ Age _______

Last Level Successfully Completed ____________________________ Where? Aurora Wellness Center _____ Other _______

Parent/Guardian: ____________________________ Birth Date _____ / _____ / ______

Address ____________________________

City, ST, Zip ____________________________

Preferred form of contact Email _____ Phone _____ Email Address ____________________________

Daytime Phone ____________________________ Evening Phone ____________________________

Emergency Contact ____________________________ Phone ____________________________

Please list any health concerns ____________________________

Winter Learn-to-Swim
January 8—March 9, 2024

Class Day
- Monday
- Tuesday
- Wednesday
- Saturday

Class Time

Class Title
- Parent & Tot
- Transition to Preschool
- Preschool 1
- Preschool 2
- Level 1
- Level 2
- Level 3
- Level 4
- Level 5
- Level 6

Winter Swim Club
January 9—March 12, 2024

- Pre-team
  Wednesdays, 6:15-7:15pm
- Novice
  Tue/Thurs, 5:30-6:30pm
- Intermediate
  Tue/Thurs, 6:30-8:00pm
- Senior
  Tue/Thurs, 6:30-8:00pm

Winter Registration
Members:
Monday, December 18 at 10am

Members & Non-members:
Tuesday, December 19 at 10am

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.

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 assigns.

Approval for present and future use of picture or video recording taken of my child during Swim Lessons, Swim Club or Swim Clinics is being granted to Aurora Wellness Center, 300 McCanna Parkway, Burlington for use in promotional and marketing materials. _____________(Initials)

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 Name (Please Print) ____________________________ Parent Signature ____________________________ Date _____________

Session/Class Purchased ____________________________ Amount Paid _____________ Date Paid _____________ Staff Initials ________

______
Winter Swim Club

Aurora Wellness Center’s 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. Pre-Team, Novice, Intermediate, and Senior levels are offered. Entry is limited, early registration is strongly recommended.

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: 5 Max: 10
January 10 - March 6 Wednesdays, 6:15pm-7:15pm $90/$110

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: 10 Max: 18
January 9 - March 12 Tue & Thurs, 5:30-6:30pm $140/$160

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 9 - March 12 Tue & Thurs, 6:30-8:00pm $165/$185

Senior Swim Club
Entry requires prior competitive swimming experience with coaches’ discretion. Combined Intermediate/Senior Min: 12 Max: 28
January 9 - March 12 Tue & Thurs, 6:30-8:00pm $165/$185

Winter Registration
Pre-Team, Novice, Intermediate and Senior Swim Club
Members
Monday, December 18 10am
Members & Non-members
Tuesday, December 19 10am
• Meet your Water Safety Instructors

Allysen Krasemann
Allysen is an Aurora Wellness Center Barracudas Swim Club alum from the age of 8-16 years old. Still an avid swimmer, she is also a certified Water Safety Instructor and lifeguard. Her instructor philosophy is to gain a child’s trust and for them to conquer hurdles in their own time. Once they have the hang of it, they will be more willing to continue improving their swimming techniques.

Kimberly Fitzgerald
Kim started swimming competitively when she was seven years old and continued on through high school and college, both in varsity school programs and on AAU/USS teams at the National level. Her favorite stroke is freestyle, any distance, including open water swimming. Kim is a former USS Club Coach and continued swimming up to a year ago on a Masters swim team. My favorite part of coaching is helping a swimmer become an efficient and powerful competitor. She is a certified Red Cross Water Safety Instructor.

Jodi Larsen
Jodi has been a lifeguard, Water Safety Instructor and Swim Club coach with Aurora Wellness Center for over 14 years. She began competitive swimming at the age of 5 years old specializing in the butterfly and freestyle strokes. Her education in Childcare Development has been a great resource working with children for the past 29 years. A mother of 2, Jodi believes every child should learn to swim. Although quite competitive, she enjoys teaching group and private lessons to all ages and levels. Jodi is elated when she sees swimmers become confident in their skills.

Natalie Oldenburg
Swimming has been a significant part of her life ever since she was little. She began lessons when she was 6 months old and from there she took private lessons and joined a competitive swim team when she was 5. She continued training to join the high school swim team. Now, she has found her way back to her roots and became a swim instructor at the Aurora Wellness Center, where she hopes to inspire a new generation of young swimmers and aspire to potentially become a swim coach in the future.

Nancy Peters
Nancy has been a Water Safety Instructor at the Aurora Wellness Center for over 22 years. Nancy teaches all levels of group and private lessons from infant to senior citizens. In addition, Nancy has a great deal of experience and comfort in working with special needs swimmers. She feels it is important to develop a connection with every swimmer; once you gain their trust, the process to learn to swim is amazing.

Averi Larsen
Averi is a certified lifeguard and Water Safety instructor. She has been swimming competitively for the Burlington Coop team and Express for the past 2 years, and is planning on swimming competitively in college. Averi’s favorite part of teaching swim lessons is watching the children progress, become more confident and have fun.

Ian Nie
Ian is a certified Lifeguard and Water Safety Instructor. He swam competitively with the Burlington Barracudas for many years and worked as a lifeguard at the Burlington Aquatic Center this past summer. Ian enjoys watching swimmers progress, get more confident and helping them learn how to stay safe. We are excited to have Ian on our team.

Sammy Ahlrichs
Sammy has been a lifeguard since 2014, WSI for 3 years, and LGI since 2020. Sammy has been teaching swim lessons for the past 5-6 years for infants - adult. Her favorite memory of lessons is when she was teaching an adult lesson and the participant completed their first successful flip turn. The participant was so happy she made us get out of the pool and dance in front of everyone! Sammy is currently a Recreation Supervisor in Elkhorn and is excited to begin her journey in Burlington.

Max Reesman
Max is a certified Lifeguard and Water Safety Instructor. As a Barracudas Swim Club Alum for many years, he is excited to teach your children how to swim and help them progress through our Learn-to-Swim program. Max worked at the Burlington Aquatic Center and Lakefront as a lifeguard this past summer. We are excited to have Max on our team.
How do I receive the member rate?
To receive member rate, you must be an AWC member 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 $2.75 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 refund will be given due to pool temperature.

Where does my child change for their program?
Participants age 14 and under must use the boys’ and girls’ competitive locker rooms, or the family locker room. Children are not permitted in the member locker rooms.

What if I can’t attend either of the “Learn-to-Swim” 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 there after.

I’m not sure what swimming level my child should be placed in?
Water Safety Instructors will be available to answer questions during registration days. If you have questions about your child’s placement or regarding the Learn-to-Swim program, please ask them at that time.

What does my child need to bring to his/her lesson?
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.

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 your 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. Our observation deck is available to minimal spectators. Pool deck will not be available to spectators. Parents and children are permitted only in the aquatic area of the facility.