

2009 Wildcat Swim School Early Summer PM Classes

West Chicago Community High School District #94 will offer swimming lessons this summer. These lessons will have one instructor for every three students. Experienced swimmers as well as beginners are invited to attend.

Sessions: Monday, Tuesday and Thursday evenings
June 15, 16, 18, 22, 23, 25, 29, 30 and July 2
9 lessons \$72 per student
Class times: 5:30 - 6:00 PM, 6:00 - 6:30 PM, or 6:30 - 7:00 PM

Registration: You must register by mail. Classes will be filled on a first come, first served basis. Since registration will be limited, and teachers hired based on the number of registered swimmers, there will be no refunds or make ups for missed lessons. Payment is required to complete the registration process and will need to be mailed to hold your position in the class. You will be notified by phone to confirm your registration. Mail forms and payment to: **Aquatic Department-WCCHS, 326 Joliet St., West Chicago, 60185**

Minimum Age: 4 years old

All students are to supply their own suits and towels. Please fill out a separate form for each student you register. For more information you may contact Mrs. Bergeron at 630-876-6289 or rbergeron@d94.org.

Wildcat Swim School Lesson Registration Form – Early Summer PM, 2009

Check the class you wish to enroll (select one):

5:30 PM _____ 6:00 PM _____ 6:30 PM _____

Name _____

Home Address _____ City _____

Birthday _____ Age _____

Class Level _____ (see back of form for class level descriptions)

Home Phone _____ Work or Cell Phone _____

Parent/Guardian _____

Note: No make up lessons will be offered for missed classes.

Make Checks payable to: **Wildcat Swim School**

Mail to: **Aquatic Department-WCCHS, 326 Joliet St., West Chicago, 60185**



WILDCAT SWIM SCHOOL



LEVELS

LEVEL 1 teaches non-swimmers, those not completely comfortable with being in the water and those at a very beginner level, the fundamentals of swimming. Level one includes overcoming fear of the water, breathing techniques, floating and kicking.

-Getting In Water-Getting Out of Water-Getting Face Wet-Going Under (Bobs)-Blowing Bubbles-Jumping Into Water-Supported Float on Front-Supported Float on Back-Supported Kicking on Front-Supported Kicking on Back

LEVEL 2 teaches those beginners who have the basic water skills to float and kick on their own while learning the basic arm movements for freestyle and backstroke.

-Front Float or Glide-Back Float or Glide-Flutter Kick on Front-Flutter Kick on Back
-Backstroke Arms-supported-Freestyle Arms-supported

LEVEL 3 begins to work on stroke development. Students learn the basics of freestyle and backstroke while introducing breaststroke and butterfly.

-Over arm Recovery Freestyle-Breathing to the side-Backstroke Arms-Freestyle for 15 yards-Backstroke for 15 yards-Streamline arms-Streamline push off the wall-Breaststroke Kick (with some arms)-Butterfly Kick (with some arms)

LEVEL 4 focuses on continued development towards a competitive freestyle stroke and backstroke while progressively improving on breaststroke and butterfly.

-Freestyle for 25 yards-Bent Elbow Freestyle Recovery-Breathing with Ear & Side of Face in Water
-Backstroke for 25 yards-Backstroke Straight Arm Recovery
-Breaststroke for 15 yards
-Butterfly Kick with arms for 5 yards

LEVEL 5 – Stroke Refinement

-Freestyle for 50 yards-Bent Arm Recovery-Arm Entry Above Shoulder
Stroke Finishes Past Swim Suit
-Backstroke for 50 yards- Shoulder Rotation- Arm Recovery Points to Ceiling
-Breaststroke for 25 yards- 3 second glide
-Butterfly for 15 yards
-Flip Turn while swimming freestyle
-Flip Turn while swimming backstroke

LEVEL 6 – Stroke Proficiency

-Freestyle for 100 yards with turns-Backstroke for 100 yards with turns
-Breaststroke for 50 yards with turn--Butterfly for 25 yards

LEVEL 7 – Swim Team Ready

-100 Individual Medley
-10 x 25s Free on :40
-10 x 25s IM on :50