Swimming lessons are offered in two week sessions. The classes will meet for 45 minutes Monday through Friday. The sessions will be as follows:

**First Session:** Monday, June 20th through July 1st

**Registration:** Online registration begins Friday, April 15th at 10:00am
http://www.elkhornschools.org/

**Second Session:** Tuesday, July 5th through July 15th
(No classes on the 4th of July)

**Please note during the second session we will be offering evening lessons.**

**Registration:** Online registration begins on Friday, July 1st at 2:00pm.
http://www.elkhornschools.org/

**Third Session:** Monday, July 18th through July 29th

**Registration:** Online registration begins on Friday, July 15th at 7:30pm.
http://www.elkhornschools.org/

You must have a family access code to register for lessons. Please obtain this by calling the district office. (262)723-3160.

**Cost:** Residents of Elkhorn Area School District: Free  
Non-Residents of Elkhorn Area School District: $35.00 per child  
Your child must be school age (entering kindergarten this fall) to enroll in swimming lessons. Please make checks payable to Elkhorn Area High School.

**Since swimming lessons are free, if you do not show within the first two days or call to let us know you will be gone, your spot will be given away.**

**Location:** All swimming lessons take place at the Elkhorn Area High School Pool.

**Questions:** Please direct any questions to Jamie Richardson at Elkhorn High School, (262)723-4920. Ext. 1625 (during the summer) or e-mail @ richja@elkhorn.k12.wi.us **If you do not know your child’s current American Red Cross level, please contact Jamie Richardson prior to registering for swimming lessons.**
Elkhorn Swimming Lesson Program uses the American Red Cross, Learn to Swim Program to teach their students. The Elkhorn Area Summer School program employs certified American Red Cross Water Safety Instructors for each course.

Course Description

Level I: Introduction to Water Skills (Starfish):

Purpose: To orient participants to the aquatic environment and to teach them to feel comfortable in the water and to enjoy the water safely using the Learn to Swim Program.

Skills to be learned: Students will learn to submerge their face and to open their eyes underwater. They will learn their front and back floats, scooping with arms and using their arms on their back. Students will also learn water safety skills.

Level II: Fundamental Aquatic Skills (Penguins):

Purpose: To build on the fundamental aquatic locomotion, safety and rescue skills present in Level I. The objective of this level is to give the students success with fundamental skills.

Skills to be learned: Students learn to float without support and to recover from a vertical position. They will learn the front crawl with rhythmic breathing, back crawl and elementary backstroke. They must swim these strokes proficiently for 5 meters of the pool. Students will explore the deep water and learn basic rescue skills.

Level III: Stroke Development (Goldfish):

Purpose: To build on the aquatic locomotion, safety and rescue skills presented in Level II by providing participants with additional guided practice.

Skills to be learned: Retrieve objects, unsupported, with eyes open from shallow and deep water. Dive from the side of the pool in kneeling and compact positions into deep water; coordinate the components of the front crawl, back crawl and elementary backstroke with the whip kick for 25 meters. They will also learn the dolphin kick for the butterfly stroke, the scissors kick for the sidestroke and the breaststroke kick. Students will learn the fundamentals of treading water in the deep end of the pool.

Level IV: Stroke Improvement (Sea Lions):

Purpose: To develop confidence and competency in the aquatic locomotion, safety and rescue skills presented in the Learn to Swim Program thus far.

Skills to be learned: Students will build their endurance by swimming elementary backstroke, front crawl and back crawl for one length of the pool. Learn the basics of breaststroke, sidestroke, and butterfly strokes for 15 meters.
Level V: Stroke Refinement (Flying Fish):

**Purpose:** To coordinate and refine the key strokes presented thus far in the Learn to Swim Program and to increase their endurance of their strokes.

**Skills to be learned:** Performing the front crawl, back crawl and elementary backstroke for two lengths of the pool. They will swim the butterfly, breaststroke, and sidestroke for 1 length of the pool. Students will also be introduced to the front and backstroke flip turns. They will also be introduced to the long shallow dive, tuck surface dive and pike surface dive.

Level VIA: Personal Water Safety:

**Purpose:** The objective of this level is to help students increase their endurance and learn that swimming is a lifelong activity.

**Skills to be learned:** Students will be required to swim 500 meters (20 lengths of the pool) continuously. They will increase their endurance in all of the strokes. They will swim the front crawl, back crawl and elementary backstroke for 4 lengths of the pool. They will swim the breaststroke, sidestroke and butterfly for 2 lengths of the pool. They will also be introduced to the sidestroke, breaststroke and butterfly turns. They will also learn a variety of safety skills to survive in the water.

Level VIB: Fitness Swimmer:

**Purpose:** The objective of this level is to introduce swimmers to the competitive side of swimming.

**Skills to be learned:** Students will continue to work on their endurance of the strokes swimming 500 meters (20 lengths of the pool) continuously. Students will learn competitive starts and turns during the course. Students will learn a variety of training principles associated with competitive swimming such as using a pace clock, pull buoys, fins and hand paddles. Students will participate in fitness programs to increase their cardiovascular activity.

**You may take Level VIA, and VIB in any order.**
**Schedule of Swim Lessons for the Summer of 2016**

**Session I:** Monday, June 20\(^{th}\) through July 1\(^{st}\)

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<tbody>
<tr>
<td>10:45AM-11:30AM</td>
<td>Level II: Penguins (10) SL2A/103</td>
<td>Level III: Goldfish (10) SL3A/103</td>
<td>Level VI: Sea Lions (10) SL4A/102</td>
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<td>11:45AM-12:30PM</td>
<td>Level II: Penguins (10) SL2A/104</td>
<td>Level III: Goldfish (10) SL3A/104</td>
<td>Level IV: Sea Lions (10) SL4A/103</td>
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<td>12:45PM-1:30PM</td>
<td>Level I: Starfish (10) SL1A/105</td>
<td>Level II: Penguins (10) SL2A/105</td>
<td>Level III: Goldfish (10) SL3A/105</td>
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**Session II:**  Tuesday, July 5th through July 15th

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<td>6:15PM-7:00PM</td>
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**Session III:** Monday, July 18th through July 29th

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<tr>
<th>Time</th>
<th>Level I: Starfish (10) SL1C/301</th>
<th>Level II: Penguins (10) SL2C/301</th>
<th>Level III: Goldfish (10) SL3C/301</th>
<th>Level IV: Sea Lions (10) SL4C/301</th>
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<td>7:30AM-8:15AM</td>
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<td>8:30AM-9:15AM</td>
<td>Level I: Starfish (10) SL1C/302</td>
<td>Level II: Penguins (10) SL2C/302</td>
<td>Level III: Goldfish (10) SL3C/302</td>
<td>Level VIA: Fitness Swimmer (15) SL6Bc/301</td>
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<td>10:45AM-11:30AM</td>
<td>Level I: Starfish (10) SL1C/303</td>
<td>Level II: Penguins (10) SL2C/303</td>
<td>Level III: Goldfish (10) SL3C/303</td>
<td>Level IV: Sea Lions (10) SL4C/302</td>
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<tr>
<td>11:45AM-12:30PM</td>
<td>Level I: Starfish (10) SL1C/304</td>
<td>Level II: Penguins (10) SL2C/304</td>
<td>Level III: Goldfish (10) SL3C/304</td>
<td>Level V: Flying Fish (15) SL5C/301</td>
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<tr>
<td>12:45PM-1:30PM</td>
<td>Level I: Starfish (10) SL1C/305</td>
<td>Level II: Penguins (10) SL2C/305</td>
<td>Level III: Goldfish (10) SL3C/305</td>
<td>Level IV: Sea Lions (10) SL4C/303</td>
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**The numbers in parenthesis designates the maximum number of students allowed in that class at one time. This number is set for the safety of our students, so they receive quality instruction.**