

# Summer School Swim Lessons

June 16 - July 3 or July 7 - July 25

**Who:** School District of Monroe Students  
**Day:** Monday - Friday  
**Time:** 10:10 - 10:50am (Levels 1-6) (Entering K - 8th)  
11:10 - 11:50am (Levels 1-6) (Entering 1st - 8th)  
**Location:** Outdoor Pool at Recreation Park  
**Fee:** \$2.00 before March 21st with Summer School

## Summer School Booklet:

The Summer School Booklet available Monday, February 24th online and at the school to pick up.

## Summer School Registration

**Monday, March 10 at 9am - Friday, March 21 at 4pm.**

**\*Family access username and password needed.**

**After this date, and if openings remain, you can sign up at the Monroe Summer School Office and the cost will be \$2.00.**

## Summer School 11:00 Class

The 11:00 is very popular, please only register for one 11:00 class in June or July. If you want to do two sessions, you will need to sign up for one 10:00 class and one 11:00 class.

## Swim Level

- You must know the appropriate swim level in order to register for swim lessons which is found on the yellow certificate you received in your school folders. If you do not know what level your child should be in please check on page 32 or contact Marge Klinzing at 329-2465.
- If your child is in the wrong level, they will not be able to receive lessons if the correct level is full.

## Swimming Lesson Information:

- Your child will be tested on the first day of class to determine if they are in correct level.
- Bring swimming suit and towel with name on them.
- Parents are allowed on the deck the first and last day of class. You may watch the class from outside the fence on all other days.
- All students receive a certificate on the last day of lessons.
- Every effort is made to hold a class. In event of rain, some class time may be spent inside the bathhouse.
- Linda Moser, Swim Lesson Coordinator is available to answer any questions or concerns about your child's progress.

## Park and Rec Public Swim Lessons

**Who:** Swimmers - 42" tall **AND** entering 4K-8th Grade  
**When:** July 28 - August 8  
**Day:** Monday - Friday for 2 weeks  
**Time:** 11:00 - 11:50am  
**Fee:** \$30 Residents, \$40 NR  
**Register:** Monroe Parks & Recreation Office

## 926.1- Level 1 - Intro to Water Skills

**(Poliwog at YMCA)** Enter and exit water using ladder steps for side, blow bubbles through mouth and nose, bobbing, opening eyes underwater, and retrieving submerged objects, front and back glides and floats, recover vertical position, roll from front to back, and back to front, tread water using arm and hand actions, alternating and simultaneous arm and leg actions on front and back, and combination of both.

## #926.12- Level 2-Fundamental Aquatic Skills

**(Guppy at YMCA)** Gives participants success with fundamental skills. Enter and exit water by stepping or jumping from the side, fully submerge and hold breath, bobbing, open eyes under water and retrieve submerged objects, front jellyfish and tuck floats, front and back glides and floats, recover to vertical position roll from front to back and back to front, change direction of travel while swimming on front or back, tread water using arm and leg actions, combine arm and leg actions on front and back, finning arm action.

## #926.13- Level 3 - Stroke Development

**(Minnow at YMCA)** Builds on the skills in level 2 through additional guided practice in deeper water. Enter water by jumping from the side, headfirst entries from side in sitting and kneeling positions, bobbing while moving toward safety, rotary breathing, survival, and back float, change from vertical to horizontal position on front and back, tread water, flutter, scissor, dolphin, and breaststroke kicks on front, front crawl and elementary backstroke.

## 926.16- Level 4 - Stroke Improvement

**(Fish at YMCA)** Develops confidence in the skills learned and improves other aquatic skills. Headfirst entries from the side in compact and stride positions, swim underwater, feet first surface dive, survival swimming, front crawl, and backstroke open turns, tread water using 2 different kicks, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, flutter and dolphin kicks on back.

## #926.17- Level 5 - Stroke Refinement

**(Flyin Fish at YMCA)** Provides further coordination and refinement of strokes. Shallow-angle dive from the side then glide and begin a front stroke, tuck and pike surface dives, submerge completely, front flip turn and backstroke flip turn while swimming breaststroke, sidestroke and butterfly sculling.

## #926.18- Level 6 - Swimming and Proficiency

**(Shark at YMCA)** Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances. Level 6 is designed with "menu" options that focus on preparing participants for more advanced courses, including the Water Safety Instructor, or other aquatic activities such as competitive swimming or diving.

## Private Swim Lessons

If you wish to obtain private swim lessons, you can contact the lifeguards personally to set up swim lessons for your child. Private swim lessons are \$14 per half hour & are paid for at Pool. Please call the Park & Recreation office at 329-2460 for contact information. After June 2nd you can also contact Barb at the pool at 329-2476.