

The Seymour Community Aquatic Center swim lessons follow the American Red Cross Learn to Swim Program. Our goal is to teach children swim techniques and basic water safety skills while having fun!

Aquatic Center Rules, Tips, and Guidelines for Lessons:

- A minimum of three students is required to run the class.
- All children must enter and exit the pool through the locker rooms.
- All children must shower before entering the pool.
- Goggles are recommended for levels 3-6.
- Goggles with nose covers are not allowed during swim lessons.
- Children that are not potty trained are required to wear a swim diaper.
- Please remove all Band-Aids before swimming.
- Please secure hair out of the face or wear a swim cap.
- No food or drinks allowed on the pool deck.
- No shoes allowed on the pool deck.

Seymour Community Aquatic Center

10 Circle Dr., Seymour, WI 54165

920-833-9704

www.seymour.k12.wi.us/Community/aquatic_center.cfm

Seymour Community Aquatic Center Winter Swim Lessons



CLASSES FOR
ALL AGES!!!



January 8-18th, No Friday Classes

Registration Dates

Residents: Mon., December 4th, 2016

7am-6pm

Non-Residents: Wed., December 6th, 2016

7am-6pm

Additional Registration times available during regular pool hours.

No registrations accepted after December 31st.

Level	Age	Descriptions
Parent & Child 1	6-24 months	Prepares infants and toddlers to become comfortable in the water with the use of games.
Parent & Child 2	2-3 yrs	Builds comfort level and basic swim readiness.
Pre-School 1	4-5 yrs	Introduction to basic swim and water safety skills.
Pre-School 2	4-5 yrs	Build confidence and basic swim and water safety skills.
Level 1	5-12 yrs	Introduction to elementary aquatic skills.
Level 2	6-12 yrs	Develop simultaneous and alternating arm and leg action on front and back.
Level 3	6-17 yrs	Front Crawl with rotary breathing, elementary backstroke, and treading water. Introduction to dolphin and scissors kick and seated dive.
Level 4	8-17 yrs	Stroke improvement. Learn back crawl, breaststroke, butterfly, kneeling dive, surface dives and open turns.
Level 5	8-17 yrs	Refine strokes and increase endurance & distance. Flip turns on front and back. Master surface dives and head first dive.
Level 6	8-17 yrs	Improve stroke efficiency and power. Fitness swimming and Fundamentals of diving.

For help placing your child please Call 920- 833-9704

Winter Session: Monday-Thursday, January 8-18th

Classes are offered during shaded time blocks.

	3:30-3:55	4:00-4:25	4:30-4:55	5:00-5:25	5:30-5:55	6:00-6:25	6:30-6:55	7:00-7:25
Small pool								
P&C 1								
P&C 2								
Pre 1								
Pre 2								
1								
2								
Big pool	3:30-4:15		4:20-5:05	5:10-5:55		6:00-6:45		6:50-7:35
3								
4								
5/6								

Classes fill fast!



Private Lessons are also available.

**Seymour Community
Aquatic Center
2018
Winter Swimming Lessons
Registration Form**

Name of Parent: _____

Email Address: _____

Phone #: _____

Resident: \$15 per child

Non-Resident: \$30 per child

Name	Level	1 st Choice	2 nd Choice	3 rd Choice

Comments: _____

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