

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 Summer Swim Lessons



June 17 – August 15 - 2019

Five Sessions

No Friday Classes

Registration Dates

Residents: Mon., May 13

7am-7pm

Non-Residents: Wed., May 15

7am-7pm

Additional Registration times available during regular pool hours.
No registrations accepted after May 31 unless open spots available

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.

Summer Registration Form

Name of Parent: _____

Email Address: _____

Phone #: _____

Resident & (Non-Res over age 5): \$10 per child

Non-Resident under age 5: \$30 per child

Name	Session	Time	Level	Birthdate
	1 2 3 4 5			
	1 2 3 4 5			
	1 2 3 4 5			
	1 2 3 4 5			
	1 2 3 4 5			
	1 2 3 4 5			
	1 2 3 4 5			

5 and older Shirt Size(s): YS YM YL S M L

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

Session I: Monday-Thursday, June 17 - 27

Classes are offered during shaded time blocks.

Small pool	12:00-12:25	12:30-12:55	1:00-1:25	1:30-1:55	2:00-2:25	2:30-2:55	3:00-3:25
Pre 1				X	X	X	X
Pre 2	X	X	X				
1				X	X	X	X
2	X	X	X				
Small pool	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
PC 1	X	X			X	X	
PC 2	X	X	X	X			X

Classes fill fast!

Session I: Monday-Thursday, June 17 - 27

Classes are offered during shaded time blocks.

Big pool	12:00-12:45	1:00-1:45	2:00-2:45	3:00-3:30	3:30-4:15	4:30-5:15	5:30-6:15	6:30-7:15
3				X				
4				X				
5/6				X				

Session II: Monday-Thursday, July 8 - 18

Classes are offered during shaded time blocks.

Small pool	12:00-12:25	12:30-12:55	1:00-1:25	1:30-1:55	2:00-2:25	2:30-2:55	3:00-3:25
P&C 1				X	X	X	X
P&C 2	X	X	X				
Pre 1				X	X	X	X
Pre 2	X	X	X				
Small pool	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
1	X	X	X	X			
2	X	X			X	X	X

Classes are offered during shaded time blocks.

Session II: Monday-Thursday, July 8 - 18

Big pool	8:00-8:45	9:00-9:45
3		
4		
5/6		

Session II: Monday-Thursday, July 8 - 18

Big pool	12:00-12:45	1:00-1:45	2:00-2:45	3:00-3:30	3:30-4:15	4:30-5:15	5:30-6:15	6:30-7:15
3				X				
4				X				
5/6				X				

Session III: Tuesday and Thursday

July 9 – August 1

Classes are offered during shaded time blocks.

Small pool	10:00-10:25	10:30-10:55	11:00-11:25	11:30-11:55
Level 1			X	X
Level 2	X	X		

Session III: Tuesday and Thursday

July 9 – August 1

Big pool	10:00-10:45	11:00-11:45
3		
4		
5/6		

Session IV: Monday-Thursday, July 22 - August 1

Classes are offered during shaded time blocks.

Small pool	12:00-12:25	12:30-12:55	1:00-1:25	1:30-1:55	2:00-2:25	2:30-2:55	3:00-3:25
P&C 1				X	X	X	X
P&C 2	X	X	X				
Pre 1				X	X	X	X
Pre 2	X	X	X				
Small pool	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
1	X	X			X	X	X
2	X	X	X	X			

Big pool	8:00-8:45	9:00-9:45
3		
4		
5/6		

Classes are offered during shaded time blocks.

Big pool	12:00-12:45	1:00-1:45	2:00-2:45	3:00-3:30	3:30-4:15	4:30-5:15	5:30-6:15	6:30-7:15
3				X				
4				X				
5/6				X				

Session V: Monday-Thursday, August 5 – 15

Classes are offered during shaded time blocks.

Small pool	8:00-8:25	8:30-8:55	9:00-9:25	9:30-9:55	10:00-10:25
1			X	X	X
2	X	X			

Small pool	12:00-12:25	12:30-12:55	1:00-1:25	1:30-1:55	2:00-2:25	2:30-2:55	3:00-3:25
P&C 1				X	X	X	X
P&C 2	X	X	X				
Pre 1				X	X	X	X
Pre 2	X	X	X				
Small pool	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
1	X	X				X	X
2	X	X	X	X	X		

Classes are offered during shaded time blocks.

Big pool	12:00-12:45	1:00-1:45	2:00-2:45	3:00-3:30	3:30-4:15	4:30-5:15	5:30-6:15	6:30-7:15
3				X				
4				X				
5/6				X				