



# SUPER SWIM WEEK

## DECEMBER 18-21

Super Swim Week provides a month's worth of lessons in one week!



Swimmers will meet every day, Monday-Thursday.  
See back for level descriptions.

**Preschool Lessons: Member \$18/ Non Member \$36**  
**Youth Lessons: Member \$20 / Non Member \$40**

**Late Registration: A \$10 late fee is applied to registrations received after early registration deadline**

For more information contact PollyAnna Perdue at 608.754.9622 ext. 104 or pperdue@ymcajanesville.org.

### YMCA OF NORTHERN ROCK COUNTY

Downtown Janesville - 608.754.YMCA - 221 Dodge St. Janesville, WI 53548  
www.ymcajanesville.org

Preschool Lessons (30 minutes)	
Levels	Time
Pre-Tadpoles	4:00-4:30pm
Tadpoles	4:35-5:05pm
Pike	4:00-4:30pm
Eels	4:00-4:30pm
Ray	4:35-5:05pm
Youth Lessons (40 minutes)	
Levels	Time
Polliwog	5:10-5:50pm
Guppy	5:10-5:50pm
Minnow	5:55-6:35pm
Fish	5:55-6:35pm
Competitive Skills	5:55-6:35pm
Adapted	5:55-6:35pm

## Super Swim Week Registration Form—One Form Per Person

Register by mail, in person or fax credit card information to 608-754-9024 attention PollyAnna.

Child's Name: \_\_\_\_\_ M / F Age: \_\_\_\_\_ Birth Date \_\_\_\_\_  
 Contact's Name: \_\_\_\_\_ Contact Phone Number: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email Address: \_\_\_\_\_  Member  Non-Member  
 Class Name \_\_\_\_\_ Time \_\_\_\_\_

#### Payment Method

- Cash (in person only)  
 Check # \_\_\_\_\_  
 Credit Card  Visa  Master Card

\*Refunds may only be issued if the YMCA cancels a program

Name on Card \_\_\_\_\_  
 Card # \_\_\_\_\_  
 Expiration Date \_\_\_\_\_  
 3-Digit Verification Code (on back of card) \_\_\_\_\_  
 Signature \_\_\_\_\_  
**AMOUNT ENCLOSED** \_\_\_\_\_

# SWIM LESSON FAQ'S

- Goggles are welcome as long as they only cover the child's eyes.
- Swim shoes are not allowed during lessons.
- Any child not toilet trained must wear a swim diaper.
- Parents are welcome to watch pre-school and school age lessons from the deck and are only to be in the water for the Shrimp Dip level.
- Swim suit shirts are discouraged because they create extra drag in the water.
- We reserve the right to combine levels if needed.
- If only one child signs up for a lesson level, they may be placed in a combined class or the lesson will be reduced by 10 minutes rather than canceling the program.
- When going under water, children are discouraged from plugging their nose.
- Children must listen and follow their instructors directions. In extreme situations, failure to do so may result in a time out with no make-up for the time missed.
- If a lesson is cancelled due to severe weather conditions, the make-up class will be on the Friday of the week at the same lesson time.

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## Parent/Tot Classes (ages 6 months - 3 years)

**Shrimp Dip:** We are children ages 6 months to 3 years of age wanting to have fun, exercise, and learn water adjustment. We are with our parent and enjoying that bonding experience. We will have a positive learning experience while being introduced to basic aquatics safety.

### Preschool Classes (ages 3 - 5)

Children are encouraged to progress at their own pace.  
**\*\*\*Parents are asked to please not get in the water for preschool classes.\*\*\***

**Pre-Tadpoles:** I am a true beginner for my age group ages 2 to 3. I will learn water adjustment, blow bubbles, experience floating, and getting my face wet and learn to interact with others in my age group. Maximum of 4 students.

**Tadpole:** I am a beginner as well but my age group is between 3 to 5 years old. I will also learn water adjustment, blow bubbles, experience floating, and get my face wet. In addition, I will learn to interact with others. Maximum of 4 students.

**Pike:** I am a swimmer comfortable with getting my face wet and floating with assistance. I am ready to begin using my big arms and attempting to swim a little on my own with or without assistance. Maximum of 6 students.

**Eel:** I am an intermediate swimmer. I can swim and float on my front and back on my own. I will practice my breathing techniques, coordination, and build my confidence throughout with encouragement from my swim instructors. Maximum of 6 students.

**Ray:** I am an advanced preschool swimmer. I can swim across the pool without help. I will practice treading water, stroke technique and rotary breathing. Maximum of 6 students.

**Starfish:** I am also an advanced preschool swimmer who can swim across the pool without assistance. I will continue to work on my endurance and improving my stroke technique as well. Maximum of 6 students.

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## School Age Swim Lessons (ages 6 - 12)

**Polliwog:** I am a beginner swimmer and do not know how to swim on my own. I will learn water adjustment, floating, safety skills and introduction to back and front crawl. Maximum of 6 students.

**Guppy:** I am an advanced beginner. I can already float on my front and back and swim a few yards of front crawl. I will learn rotary breathing, back crawl, and build my confidence. Maximum of 6 students.

**Minnow:** I am an intermediate swimmer. I can swim the front crawl the width of the pool with rotary breathing. I will practice the breaststroke, water safety skills, and improve my endurance. Maximum of 6 students.

**Fish:** I am an advanced swimmer and can swim at least 10 lengths of the pool during a swim lesson. I will be learning turns for the front and back crawl and my breaststroke, sidestroke will be refined along with the butterfly. Maximum of 6 students.

**Competitive Skills:** I am an advanced swimmer. I can swim 50 yards of both freestyle and backstroke. I will continue to improve my butterfly stroke and continue to excel in stroke technique, and do my best to increase my endurance.

**Adaptive Aquatics:** For children who have developmental and physical challenges that need to be placed in a smaller teacher to student ratio. This class is designed to provide socialization as well as introduction to aquatic skills that meet the needs of the individual disability. This is also for the parent who wishes not to mainstream their child in group lessons. Maximum 2 students.