

# GENERAL INFORMATION

## SESSION LENGTH

Swim Lesson sessions run for seven weeks.

## CLASS SIZE

It is common practice for most levels to have a ratio of 6:1 students to instructor. However, the ratio of class participants to instructor will vary based on the club, the level being taught and experience of the students. Please talk to the club's Aquatics Team Lead for specifics.

## STUDENT ABSENCE

If you are unable to make your scheduled swim class, please take advantage of the open-swim pool times to swim with your child and help them practice their current class skills. Credit will be given to students missing 50% or more of scheduled classes due to medical illness only. Credits can be applied to registration in future swim programs.

## \*FEE

\$60 for Members and \$95 for Non-Members

**To qualify for the member rate, the child must be on the membership for the entire session.**

## REGISTRATION

Registration is taken at the location you will attend classes and is first-come, first-serve. Payment must accompany registration to ensure your spot. Please see inside for more details.

## PRIVATE AND SEMI-PRIVATE

WAC offers Private Swim Lessons for all ages and abilities. If you want to learn how to swim, or just want to sharpen your skills, this might be right for you. Lessons are 30 or 60 minutes in length and can be scheduled at your convenience. Semi-Private groups of only two or three will focus on what the group of individuals desire to learn.

## WHIRLPOOL

No one under 6 years of age is allowed in the whirlpool. Children 6-12 years must be supervised by an adult.

# SWIM LESSON REGISTRATION

*Please print.*

Name \_\_\_\_\_ Age \_\_\_\_\_ Class Level \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ Fee \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Member  Non-Member Location \_\_\_\_\_

**March | April Session** Total amount Paid\* \$ \_\_\_\_\_

First Time Participant  Yes  No Change in Address  Yes  No



MARCH | APRIL

REGISTRATION BEGINS:

MEMBER

Monday, February 17, 2020

NON-MEMBER

Tuesday, February 18, 2020



## PARENT/TOT • 30 Minutes

A parent must accompany child in the water. Children will learn to adjust to the water and do supported movements.

## PRESCHOOL • 30 Minutes

Preschool is a step up from Parent/Tot. Children will learn water exploration. If you wish to accompany your child in the water, please get approval with the Aquatics Team Lead prior to the beginning of lessons. Children should be 3 years old to begin.

## PRESCHOOL PLUS • 30 Minutes

Parents are not required to accompany children. Children will learn independent movements and prepare for Level 1.

## LEVEL 1 - Water Exploration • 40 Minutes

Children will learn face submersion, unsupported floating, kicking and safety. Children should be five years old to begin Level 1.

## LEVEL 2 - Primary Skills • 40 Minutes

Children will gain increased independence, learn rhythmic breathing, back crawl and turning over.

## LEVEL 3 - Stroke Readiness • 40 Minutes

Children will improve front crawl, learn elementary backstroke and treading water.

## LEVEL 4 - Stroke Development • 40 Minutes

Children will learn breaststroke, sidestroke, turns at the wall and increased endurance.

## YOUTH SWIM CLUB • 55 Minutes

Our WAC Swim Club is for advanced swimmers needing to improve their endurance and stroke development.

## ADAPTIVE SWIM LESSONS • 40 Minutes

In this class designed for students with special needs, parents and students will work with the instructor to learn basic swimming and safety skills in the water.

**Wisconsin Athletic Club**

www.thewac.com

# MARCH | APRIL SWIM LESSONS

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## WEST ALLIS

Registration may be taken in person or by phone.

<b>Monday</b>	
5:00pm	Preschool
5:45pm	Preschool+
<b>Tuesday</b>	
4:30pm	Preschool/ Preschool+
5:00pm	Level 1
5:50pm	Level 2
<b>Saturday</b>	
9:30am	Parent/Tot
10:05am	Level 1
10:05am	Level 2
10:50am	Preschool
10:50am	Level 3
11:25am	Preschool+
11:35am	Level 4

## GREENFIELD

Registration may be taken in person or by phone.

<b>Tuesday</b>	
5:15pm	Level 1
6:00pm	Level 2
6:45pm	Level 3/4
<b>Thursday</b>	
5:00pm	Swim Club
<b>Saturday</b>	
10:00am	Parent/Tot
10:35am	Preschool
10:35am	Preschool+
11:10am	Preschool+

## WAUWATOSA

For the first 2 days of sign-up, registration must be made in person. After day 2, registration may also be taken by phone.

<b>Tuesday</b>	
10:00am	Parent/Tot
4:00pm	Preschool+
4:00pm	Level 2
4:00pm	Level 3
4:30pm	Preschool
4:40pm	Level 1
4:40pm	Level 4
5:00pm	Preschool+
5:20pm	Level 1
5:20pm	Level 2
5:30pm	Preschool
<b>Thursday</b>	
4:00pm	Preschool
4:00pm	Level 1
4:00pm	Level 3
4:30pm	Preschool+
4:40pm	Level 1
4:40pm	Level 2
5:00pm	Preschool
5:20pm	Level 1
5:20pm	Level 2
5:30pm	Parent/Tot
5:35pm	Swim Club in the Lap Pool
<b>Saturday</b>	
9:00am	Parent/Tot
9:00am	Preschool
9:20am	Level 2
9:30am	Parent/Tot
9:30am	Preschool+
10:00am	Preschool
10:00am	Level 1
10:00am	Level 2
10:40am	Preschool+
10:40am	Level 1
10:40am	Level 2
11:20am	Level 3
11:20am	Level 4

## NORTH SHORE

Registration may be taken in person or by phone.

<b>Sunday</b>	
4:00pm	Parent/Tot
4:35pm	Preschool
5:10pm	Preschool+
5:45pm	Level 1
<b>Tuesday</b>	
4:00pm	Level 1
4:30pm	Preschool+
4:45pm	Level 2
5:05pm	Preschool
5:15pm	Swim Club in the Lap Pool
5:30pm	Level 1
5:40pm	Preschool+
<b>Wednesday</b>	
4:20pm	Preschool
4:45pm	Level 2
4:55pm	Preschool+
5:30pm	Level 1
5:30pm	Level 3
<b>Thursday</b>	
4:00pm	Level 1
4:20pm	Preschool+
4:45pm	Level 3
4:55pm	Preschool
5:30pm	Level 2
5:30pm	Level 4 in the Lap Pool
<b>Friday</b>	
10:30am	Parent/Tot
11:05am	Preschool
11:40am	Preschool+
<b>Saturday</b>	
9:30am	Parent/Tot
10:00am	Level 1
10:05am	Preschool
10:40am	Preschool+
10:45am	Level 2
11:15am	Preschool
11:30am	Level 3
11:50am	Preschool+
12:15pm	Level 4 in the Lap Pool

## MENOMONEE FALLS

For the first 2 days of sign-up, registration must be made in person. After day 2, registration may also be taken by phone.

<b>Tuesday</b>	
8:50am	Preschool
9:25am	Parent/Tot
5:15pm	Preschool
5:15pm	Level 1
5:45pm	Preschool+
5:45pm	Level 4 in the Lap Pool
6:20pm	Preschool+
6:20pm	Level 1
6:30pm	Level 2
6:30pm	Level 3
<b>Wednesday</b>	
4:30pm	Level 1
5:05pm	Level 2
5:15pm	Preschool/ Preschool+
<b>Thursday</b>	
5:00pm	Adaptive Swim
5:45pm	Parent/Tot
5:45pm	Preschool
5:45pm	Level 3
6:20pm	Preschool+
6:30pm	Level 2
6:30pm	Swim Club in the Lap Pool
<b>Saturday</b>	
10:10am	Parent/Tot
10:10am	Preschool
10:45am	Preschool+
10:45am	Level 1
11:35am	Level 2

## BROOKFIELD

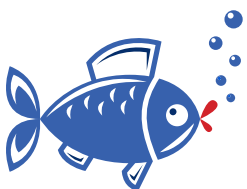
Registration must be made in person.

<b>Sunday</b>	
4:00pm	Swim Club in the Lap Pool
4:30pm	Parent/Tot
5:05pm	Preschool
5:40pm	Preschool+
6:15pm	Level 1
7:00pm	Level 2
7:00pm	Level 3
<b>Tuesday</b>	
10:30am	Preschool
11:00am	Preschool+
4:30pm	Level 2
4:30pm	Level 3
5:15pm	Level 1
5:15pm	Swim Club in the Lap Pool
<b>Wednesday</b>	
4:45pm	Level 2
4:45pm	Level 3
4:45pm	Level 4 in the Lap Pool
5:30pm	Preschool
6:00pm	Preschool+
<b>Thursday</b>	
4:45pm	Preschool
4:45pm	Level 1
5:15pm	Preschool+
5:30pm	Level 2
5:30pm	Level 3
<b>Saturday</b>	
9:00am	Level 4 in the Lap Pool
9:05am	Parent/Tot
9:40am	Preschool
10:10am	Preschool+
10:45am	Level 1
11:30am	Level 2
11:30am	Level 3

## LAKE COUNTRY

Registration may be taken in person or by phone.

<b>Sunday</b>	
1:00pm	Level 1
1:45pm	Level 2
2:00pm	Swim Club
2:30pm	Level 3
3:15pm	Level 4
<b>Monday</b>	
5:00pm	Preschool/ Preschool+
5:30pm	Preschool/ Preschool+
6:00pm	Level 1
6:45pm	Level 2
<b>Wednesday</b>	
5:00pm	Preschool/ Preschool+
5:30pm	Level 1
5:30pm	Level 3
6:15pm	Level 2
6:15pm	Level 4
<b>Friday</b>	
10:30am	Parent/Tot
11:00am	Preschool
<b>Saturday</b>	
9:30am	Level 3
9:30am	Swim Club
10:15am	Level 4



Classes begin the week of  
**Sunday, March 1, 2020**