2009 Swimming Lessons
American Red Cross and the Watseka Pool

A program for children of all swimming abilities, ages 5-15. Lessons last for two weeks (Monday-Friday), 40 minutes each day weather permitting.

Session	Begins	Ends	Class Time
I	June 15	June 26	9:45/10:30
II	July 20	July 31	9:45/10:30

All students will be tested on the first day of class and assigned the appropriate level according to his/her skills. Register according to the date and time you prefer and the level you deem appropriate or according to the level achieved at last swimming lessons. Children will be evaluated the first class to make sure they start at an appropriate level. The cost of the lessons is $40.00 for residents and $45.00 for non-residents. For further information, contact the pool (432-5520) or the Watseka Park District (432-3931).

In case of inclement weather listen to WGFA (FM 94.1) The pool will call the radio station by 9:00 a.m. if lessons are to be cancelled.

Return this portion of the registration in person or by mail to the Watseka Park District, 110 South Third Street, Watseka, IL 60970. Make checks payable to the Watseka Pool. $40.00 for residents of Watseka and $45.00 for those that are non-residents.

Name: _____ Age: _____ Phone: _____

Address: _____ City: _____

Mark an "X" in front of the session and time you would like your child to be enrolled in this summer.

____Session I ____Session II

____9:45 a.m. ____10:30 a.m.

☐ **Level I: Water Exploration**
For students who have had no water experience or lessons. Floating, kicking, and the basic water safety will be taught.

☐ **Level II: Primary Skills**
Primary skills cover submerging the head under water, front and back float, flutter kicks, rhythmic and rescue breathing.

☐ **Level III: Stroke Readiness**
Stroke readiness includes front and back crawl, elementary backstroke, treading water, safe diving rules and basic rescue breathing.

☐ **Level IV: Stroke Development**
Stroke development features all of the basic strokes, basic diving, and the introduction of CPR skills.

☐ **Level V: Stroke Refinement**
☐ **Level VI: Stroke Advancement**
☐ **Level VII: Advanced Skills**
Stroke refinement, stroke proficiency, and advanced skills stress learning and perfecting all basic strokes, diving skills, rescue applications, and endurance.

Parent/Guardian Signature: _____