

City of Sedgwick Swimming Lessons, Team & Activities

Summer 2016

Sedgwick Community Pool will be having swim lessons for children. Don't miss the great opportunity of having your child taught to swim by our certified lifeguards. Classes will be held in 2 week sessions starting on Mondays and ending on the following Thursday. We will **NOT** have lessons on Friday mornings and all lessons will be between the hours of 9am and 12 noon. Listed below are the classes we are offering. Lessons are 30 dollars (\$30.00) a session and will be held in 50 minute intervals. Swim Team cost is 50 dollars (\$50.00), this covers the fee, tournaments, and shirts. **PAID REGISTRATIONS NEED TO BE TURNED IN TO CITY HALL ON OR BEFORE JUNE 3rd FOR SESSION ONE. REGISTRATIONS FOR SESSIONS TWO THRU FOUR NEED TO BE TURNED IN AS SOON AS POSSIBLE TO SECURE THE CLASS AND PAYMENT MADE ONE WEEK PRIOR TO THE START OF CLASS.**

Session One: June 6 thru June 16
Session Two: June 20 thru June 30

Session Three: July 11 thru July 21
Session Four: July 25 thru August 4

SWIM TEAM: 11 & up (9:00am – 10:00am) Monday-Thursday
There will be 4 to 6 meets. Most will be in Wichita on Monday afternoons.

SWIM TEAM: 10 & under (10:00am – 11:00am) Monday-Thursday
There will be 4 to 6 meets. Most will be in Wichita on Monday afternoons.

GOLDFISH: ages 5 to 6 (10:00am – 11:00am) all 4 sessions
Objectives include exploring the water, learning floatation and accurate breathing techniques.

STARFISH: ages 6 to 7 (11:00am- 12:00pm) all 4 sessions
Objectives include front, back and sidestrokes, learning to dive properly, and reviewing previous skills.

Jelly Fish: ages 8 to 9 (11:00am – 12:00pm) 1st and 3rd sessions
Objectives include treading water, diving skills, and reviewing previous skills.

FROGS: ages 10 to 11 (11:00am – 12:00pm) 2nd and 4th sessions
Objectives include advanced strokes (butterfly and breast), learning underwater turns, and reviewing previous skills.

--After completing the Frogs class the student has then graduated the Swimming Lessons program and will receive a graduate certificate.--

Any questions regarding specification for classes:

Amy Watkins
Sedgwick Community Pool Manager
316.772.0164
Watkins.1966@sbcglobal.net

Abra Thieme
Swim Coach/Assistant Pool Manager
316.650.6676
abrathieme@hotmail.com

❖ **If enough interest is shown, we will hold a **TADPOLE** class for introductory lessons for those children age 4 and under. This class requires a parent to be in the pool with each child. These classes could be held on Tuesday evenings. Class will be determined by the number of registrations received.**

ADULTS AND SENIOR'S

Adult lap swims is from noon to 1pm Mon.-Thurs. Adult water aerobics 6:00pm to 7:00pm Mon-Thurs. Please contact City Hall or one of the contacts above for more information.