

City of Sedgwick Swimming Lessons, Team & Activities

Summer 2017

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 noon to 1pm. Listed below are the classes we are offering. Lessons are 30 dollars (\$30.00) a session and will be held in 45 minute intervals. Swim Team cost is 55 dollars (\$55.00), this covers the fee, tournaments, and shirts. **PAID REGISTRATIONS NEED TO BE TURNED IN TO CITY HALL ON OR BEFORE JUNE 2nd 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 5 thru June 15
Session Two: June 19 thru June 29

Session Three: July 10 thru July 20
Session Four: July 24 thru August 3

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 (12pm to 1pm) all 4 sessions
Objectives include exploring the water, learning floatation and accurate breathing techniques.

STARFISH: ages 6 to 7 (12pm to 1pm) all 4 sessions
Objectives include front, back and breaststroke, learning to dive properly, and reviewing previous skills.

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

FROGS: ages 10 to 11 (12pm to 1pm) 2nd and 4th sessions
Objectives include advanced strokes (butterfly and breast), learning underwater turns, and reviewing previous skills.

Evening Classes: Tuesday & Thursday (6pm- 7pm) 8 sessions in June & 8 sessions in July.

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

- ❖ 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 Saturday mornings 12pm to 1pm. 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, Wed., Fri. Please contact City Hall or one of the contacts above for more information.

Any questions regarding specification for classes:
Abra Thieme
Sedgwick Community Pool Manager /Swim Coach
316.650.6676
email abrathieme@gmail.com