

City of Sedgwick Swimming Lessons, Team & Activities

Summer 2018

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 11am to 12pm. Listed below are the classes we are offering. Lessons are thirty five dollars (\$35.00) a session and will be held in 45 minute intervals. Swim Team cost is fifty five dollars (\$55.00), this covers the fee, tournaments, and shirts. **PAID REGISTRATIONS NEED TO BE TURNED IN TO CITY HALL ON OR BEFORE JUNE 1st 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 4 thru June 14

Session Three: July 9 thru July 19

Session Two: June 18 thru June 28

Session Four: July 23 thru August 2

SWIM TEAM: 11& up (9:00am – 10:00am) Monday-Thursday

There will be 4 to 6 meets. Most will be held on Monday evenings.

SWIM TEAM: 10 & under (10:00 am – 11:00 am) Monday-Thursday

There will be 4 to 6 meets. Most will be held on Monday evenings.

GOLDFISH: ages 5 to 6 (11am to 12 pm) all 4 sessions

Objectives include exploring the water, learning floatation and accurate breathing techniques.

STARFISH: ages 6 to 7 (11am to 12 pm) all 4 sessions

Objectives include front, back and breast stroke, learning to dive properly, and reviewing previous skills.

Jelly Fish: ages 8 to 9 (11am to 12 pm) all 4 sessions

Objectives include treading water, diving skills, and reviewing previous skills.

FROGS: ages 10 to 11 (11am to 12 pm) all 4 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.—

- ❖ 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. Class will be determined by the number of registrations received.

ADULTS AND SENIOR'S

Aerobics is from noon to 1pm Mon.-Thurs. Adult lap swim 6:00pm to 7:00pm Mon - Thur. 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

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