

Write in Swimming Level
(or describe swimming ability):



Release Form

I voluntarily indemnify and hold harmless the University of Wisconsin Stevens Point, the Board of Regents of the University of Wisconsin System (Board of Regents), their respective officers, employees, and agents from any and all liability, loss, damages, costs, or expenses (including attorney fees) arising out of my child's or ward's participation in the Program and which do not arise out of the negligent acts or omissions of an officer, employee, or agent of the University and/or Board of Regents while acting within the scope of their employment or agency.

Parent/Guardian Signature

Parent/Guardian Name (print)

Date

Cost per session \$36.50

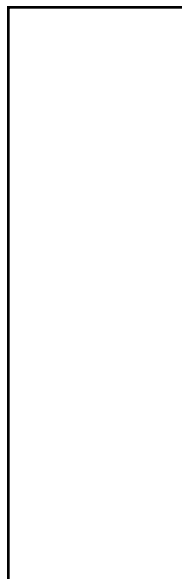
Number of Sessions x _____

Number of Children x _____

Total Cost _____

Check payment only please:

UWSP SWIM LESSONS
*UWSP Health Enhancement Center
Aquatic Department 64B
2050 4th Avenue
Stevens Point, WI 54481*



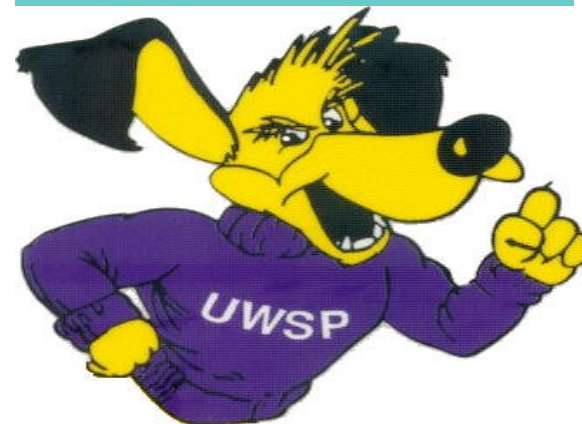
UWSP AQUATIC CENTER Account # 707082
UWSP SWIM LESSONS
UWSP Health Enhancement Center
Aquatic Department 64B
2050 4th Avenue
Stevens Point, WI 54481

Fall 2009

UWSP AQUATIC CENTER

Phone # : 715-346-2598

**LEARN TO
SWIM
PROGRAM**



UWSP SWIM LESSONS
UWSP Health Enhancement Center
Aquatic Department 64B
2050 4th Avenue
Stevens Point, WI 54481



SWIMMING LEVELS

The UWSP Aquatic Center focuses on Red Cross instruction for levels 1-6.

- **Level 1-Introduction to Water Skills:** new swimmers become comfortable in the water by focusing on bubble blowing, floats, supported kicks, and basic water safety rules. (minimum age of 4 years old)
- **Level 2-Fundamental Aquatic Skills:** includes front and back floats & glides, combining arms & kicks for the front and back strokes.
- **Level 3-Stroke Development:** builds on the skills in level 2 by providing additional guided practice including advanced strokes with breathing, beginning diving, and treading water.
- **Levels 4-6-Stroke Refinement & Fitness:** focuses on teaching survival skills, the competitive strokes of free, back, breast and fly and development, starts, turns and endurance swimming.
- **Private Lessons**-available upon request for all ages, including adults !

SESSIONS AND TIMES

- Swim lessons are held either Monday & Wednesday ***or*** Tuesday & Thursday. Each session spans four weeks, including 8 lessons. Lesson times are 6:15-6:55 pm, or 7:00-7:40pm.

Lesson times are subject to change based on pool scheduling. If changes are made we will notify you by email or phone.

A minimum of 3 students are required per group. Class sizes are limited to 6 children!

Private lessons for children and adults are available upon request and instructor availability. Each private lesson runs for 30 minutes. The cost per lesson is \$13.50 or 5 lessons for \$50.00. Contact for details.

To register, please fill out the registration form completely and return to the UWSP Aquatics Center no later than two weeks prior to the start of your desired session.

Questions? Email our staff.

jstoffel@uwsp.edu (Aquatics Dir.)



REGISTRATION FORM

Child/s Name:

Age/s:

Address:

Phone #:

EMAIL ADDRESS

Please circle desired Sessions, Days & Times:

1) Circle Sessions

Session 1 (Sept. 14—Oct 8th)

Session 2 (Oct. 12th –Nov 5th)

Session 3 (Nov. 9th–Dec 3rd)\$28.00

Note: Lessons are not held the following weeks:

November 23rd-26th (Holiday)

2) Circle Days: Mon & Wed

-OR-

Tuesday & Thursday

3) Circle Times:

6:15-6:55 pm or 7:00-7:40pm.

Note Private Lessons:_____



