

FALL 2018 AQUATIC CENTER CHILDREN'S SWIMMING



Registration for 1st and 2nd Sessions begins Wednesday, July 25th
Doors open at 7:30am. Register at Mustang Central.

In person and phone-in registrations are still available.
Phone-in registrations will be very limited before 8:00am.
Call 307-382-1677 to register and call 307-382-1694 for more information on levels.
Registrations are non-refundable and non-transferable.

Session 1, August 29 – October 18
Session 2, October 22 – December 13

Session 1

Parent/Child Aquatics

Room: Aquatic Center
Staff
Fee: \$47.00

Parent and Child Aquatics will introduce infants and young children to aquatics. A child must be at least 6 months old and the parent or care-giving adult is required to accompany each child in the water and participate in the classes. This course is offered once a semester (warmer months only) and will be canceled if fewer than four are registered.

NCCLD 258-R1
August 30 – October 18
Tuesday and Thursday, 4:00-4:30 pm

Preschool/Level 1

Room: Aquatic Center
Staff
Fee: \$47.00

The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safely. At this level, swimmers start developing good attitudes and safe practices around the water. Some students will have some experience with the water and may begin the program at a higher level – please check with the Aquatic Center. Student/Instructor ratios will be 5/6 to 1. Parent is required to sit at the poolside to assist/help child. Parents should always watch children closely in or around any water.
To pass Level 1 – child must be able to swim $\frac{1}{2}$ the length of the pool on their front and on their back by themselves. Must be age 3 or older.

NCCLD 250-R1
August 29 – October 17
Monday and Wednesday, 4:30-5:00 pm

NCCLD 250-R2
August 29 – October 17
Monday and Wednesday, 5:00-5:30 pm

NCCLD 250-R3
August 29 – October 17
Monday and Wednesday, 5:30-6:00 pm

NCCLD 250-R4
August 29 – October 17
Monday and Wednesday, 6:00-6:30 pm

NCCLD 250-R5
August 30 – October 18
Tuesday and Thursday, 5:00-5:30 pm

NCCLD 250-R6
August 30 – October 18
Tuesday and Thursday, 5:30-6:00 pm

NCCLD 250-R7
August 30 – October 18
Tuesday and Thursday, 6:00-6:30 pm

NCCLD 250-RA
October 22 – December 12
Monday and Wednesday, 4:30-5:00 pm

NCCLD 250-RB
October 22 – December 12
Monday and Wednesday, 5:00-5:30 pm

NCCLD 250-RC
October 22 – December 12
Monday and Wednesday, 5:30-6:00 pm

NCCLD 250-RD
October 22 – December 12
Monday and Wednesday, 6:00-6:30 pm

NCCLD 250-RE
October 23 – December 13
Tuesday and Thursday, 5:00-5:30 pm

NCCLD 250-RF
October 23 – December 13
Tuesday and Thursday, 5:30-6:00 pm

NCCLD 250-RG
October 23 – December 13
Tuesday and Thursday, 6:00-6:30 pm

Additional Preschool/Level I classes will be added if needed and if additional Instructors are available. Please be sure to be added to the wait list at the time of registration.

Level 2 & 3 Swimming

Room: Aquatic Center
Staff
Fee: \$58.00

The objective of Level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1.

The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Students learn to coordinate the front crawl, elementary back, butterfly kick, and the fundamentals of treading water are introduced as well as diving safety skills. Child must have passed Level 1 (or demonstrate those skills) before registering for Level 2/3. To pass Level 2/3 – swimmer must have perfect rhythmic breathing $\frac{3}{4}$ length of the pool. Call the Aquatic Center if you have questions concerning skills.

NCCLD 251-R1
August 29 – October 17
Monday and Wednesday, 4:30-5:30 pm

NCCLD 251-R2
August 29 – October 17
Monday and Wednesday, 5:30-6:30 pm

NCCLD 251-R3
August 30 – October 18
Tuesday and Thursday, 4:30-5:30 pm

NCCLD 251-R4
August 30 – October 18
Tuesday and Thursday, 5:30-6:30 pm

NCCLD 251-RA
October 22 – December 12
Monday and Wednesday, 4:30-5:30 pm

NCCLD 251-RB
October 22 – December 12
Monday and Wednesday, 5:30-6:30 pm

NCCLD 251-RC
October 23 – December 13
Tuesday and Thursday, 4:30-5:30 pm

NCCLD 251-RD
October 23 – December 13
Tuesday and Thursday, 5:30-6:30 pm

Level 4 Swimming

Room: Aquatic Center
Staff
Fee: \$58.00

The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students increase their endurance by swimming familiar strokes (front crawl and elementary back) for greater distances. Students also start to learn backstroke, breaststroke, butterfly, and the basics of turning at the wall. To pass Level 4 – swimmer must have a perfect whip kick and a decent breaststroke.

NCCLD 252-R1
August 29 – October 17
Monday and Wednesday, 4:30-5:30 pm

NCCLD 252-R2
August 29 – October 17
Monday and Wednesday, 5:30-6:30 pm

NCCLD 252-R3
August 30 – October 18
Tuesday and Thursday, 5:30-6:30 pm

NCCLD 252-RA
October 22 – December 12
Monday and Wednesday, 4:30-5:30 pm

NCCLD 252-RB
October 22 – December 12
Monday and Wednesday, 5:30-6:30 pm

NCCLD 252-RC
October 23 – December 13
Tuesday and Thursday, 5:30-6:30 pm

Level 5 Swimming

Room: Aquatic Center
Staff
Fee: \$58.00

The objective of Level 5 is coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are introduced.

NCCLD 253-R1
August 30 – October 18
Tuesday and Thursday, 4:30-5:30 pm

NCCLD 253-RA
October 23 – December 13
Tuesday and Thursday, 4:30-5:30 pm

Level 6 Swimming

Room: Aquatic Center
Staff
Fee: \$58.00

The objective of Level 6 is to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. This is also the time to introduce other aquatic activities. Level 6 is designed with “menu” options—(A) Personal Water Safety, (B) Fundamentals of Diving, (C) Fitness Swimmer and (D) Jr. Lifeguard Skills. Each of these options focus on preparing students to participate in more advanced courses, such as Water Safety Instructor and Lifeguard Training, or other aquatic activities, such as competitive swimming or diving. Look at the course title to see which menu option is being offered.

NCCLD 254-R1 (Personal Water Safety)
August 30 – October 18
Tuesday and Thursday, 4:30-5:30 pm

NCCLD 255-RA (Fundamentals of Diving)
October 23 – December 13
Tuesday and Thursday, 4:30-5:30 pm

Technique Training

Room: Aquatic Center
Staff/Coach Staff
Fee: \$58.00

The objective of the Competitive Training Course is to keep and enhance the skills beyond Level 6. This course is for the more advanced serious swimmer and is perfect for athletes who want to gain that extra edge before their junior high and high school swim seasons begin. College students who wish to stay in shape are encouraged and welcome. This course is designed to help perfect their starts, turns, finishes, and work on the racing strokes: Butterfly, Backstroke, Breaststroke, Freestyle and the IM – Individual Medley. The athlete must have Level 5 skills or competitive experience, instructor will determine. A minimum of 7 swimmers must be enrolled or the class will be cancelled.

NCCLD 259-R1
August 29 – October 17
Monday and Wednesday, 6:30 - 7:45 pm

NCCLD 259-RA
October 22 – December 12
Monday and Wednesday, 6:30 - 7:45 pm

WWCC Aquatic Center Credit-Course Offerings

(Please see the Physical Activity (PEAC) course listings in the Class Schedule for more information on these credit courses)

- Aquatic Conditioning
- Advanced Lifesaving (Lifeguard Training)
- Water Safety Instructor (WSI)
- Beginning Skin and Scuba/Advanced Skin and Scuba
- CPR/AED for Professional Rescuers (HLTK)

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Inquiries concerning Title VI, Title IX, Section 504, ADA, and other related laws may be referred to the V.P. for Administrative Services, WWCC Administrative Offices, P.O. Box 428, Rock Springs, Wyoming 82902-0428, (307) 382-1609; or Office for Civil Rights, Denver Office, U.S. Department of Education, Cesar E. Chavez Memorial Building, Suite 310, 1244 Spear Avenue Blvd., Denver, CO 80204-3582, (303) 844-5695, FAX (303) 844-4303 or TDD (303) 844-3417 or the Wyoming Labor Standards Department, 1510 East Pershing Blvd., Cheyenne, Wyoming 82002 (307) 777-7261.