**Session 1**

**Preschool/Level 1**
Room: Aquatic Center  
Staff  
Fee: $44.00

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 pool side 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 ½ the length of the pool on their front and on their back by themselves. Must be age 3 or older.

**Level 2 & 3 Swimming**
Room: Aquatic Center  
Staff  
Fee: $55.00

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. This level marks the beginning of true locomotion skills. 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, back crawl, and butterfly kick.

NCCLD 250-R1  
January 13 – March 5  
Monday and Wednesday, 4:30-5:00 pm

NCCLD 250-R2  
January 13 – March 5  
Monday and Wednesday, 5:00-5:30 pm

NCCLD 250-R3  
January 13 – March 4  
Monday and Wednesday, 5:30-6:00 pm

NCCLD 250-R4  
January 12 – March 4  
Monday and Wednesday, 6:00-6:30 pm

NCCLD 250-R5  
January 13 – March 5  
Tuesday and Thursday, 4:30-5:00 pm

NCCLD 250-R6  
January 13 – March 5  
Tuesday and Wednesday, 5:00-5:30 pm

NCCLD 250-R7  
January 13 – March 5  
Tuesday and Thursday, 5:30-6:00 pm

NCCLD 250-R8  
January 13 – March 5  
Tuesday and Thursday, 6:00-6:30 pm

Additional Preschool/Level 1 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 4 Swimming**
Room: Aquatic Center  
Staff  
Fee: $55.00

The objective of Level 4 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 4 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 251-R1  
January 12 – March 4  
Monday and Wednesday, 4:30-5:30 pm

NCCLD 251-R2  
January 12 – March 4  
Monday and Wednesday, 5:30-6:30 pm

NCCLD 251-R3  
January 13 – March 5  
Tuesday and Thursday, 4:30-5:30 pm

NCCLD 251-R4  
January 13 – March 5  
Tuesday and Thursday, 5:30-6:30 pm

**Level 5 Swimming**
Room: Aquatic Center  
Staff  
Fee: $55.00

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 also introduced.

NCCLD 252-R1  
January 13 – March 5  
Tuesday and Thursday, 4:30-5:30 pm

**Level 6-D Swimming**
Room: Aquatic Center  
Staff  
Fee: $55.00

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 5 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 257-R1  
January 13 – March 5  
Tuesday and Thursday, 4:30-5:30 pm

**Competitive (Off-season) Training**
Room: Aquatic Center  
Staff/Coach Marvin Shockey  
Fee: $55.00

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 (C) 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  
January 12 – March 4  
Monday and Wednesday, 6:15 - 7:45 pm
Parent/Child Aquatics
Room: Aquatic Center
Staff
Fee: $44.00
Parent and Child Aquatics will introduce infants and young children to aquatic. 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 and will be canceled if fewer than 4 are registered.
NCCLD 258-RA
March 17 – May 7
Tuesday and Thursday, 4:00-4:30 pm

Preschool/Level 1 Swimming
Room: Aquatic Center
Staff
Fee: $44.00
The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safety. 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 pool side 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 1/2 the length of the pool on their front and on their back by themselves. Must be age 3 or older.
NCCLD 250-RA
March 17 – May 7
Tuesday and Thursday, 5:30-6:00 pm
NCCLD 250-RB
March 16 – May 6
Monday and Wednesday, 4:30-5:30 pm
NCCLD 250-RC
March 16 – May 6
Monday and Wednesday, 5:00-5:30 pm
NCCLD 250-RD
March 16 – May 6
Monday and Wednesday, 5:30-6:00 pm
NCCLD 250-RF
March 17 – May 7
Tuesday and Thursday, 4:00-4:30 pm
NCCLD 250-RG
March 17 – May 7
Tuesday and Thursday, 5:00-5:30 pm
NCCLD 250-RH
March 17 – May 7
Tuesday and Thursday, 6:00-6:30 pm

Additional Preschool/Level 1 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: $55.00
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. This level marks the beginning of true locomotion skills. 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, back crawl, butterfly kick. 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 a perfect rhythmic breathing 1/2 length of the pool. Call the Aquatic Center if you have questions concerning skills.
NCCLD 251-RA
March 16 – May 6
Monday and Wednesday, 4:30-5:30 pm
NCCLD 251-RB
March 16 – May 6
Monday and Wednesday, 5:00-5:30 pm
NCCLD 251-RC
March 17 – May 7
Tuesday and Thursday, 4:30-5:30 pm
NCCLD 251-RD
March 17 – May 7
Tuesday and Thursday, 5:30-6:30 pm

Level 4 Swimming
Room: Aquatic Center
Staff
Fee: $55.00
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 a wall. To pass Level 4 swimmer must have a perfect whip kick and a decent breaststroke.
NCCLD 252-RA
March 16 – May 6
Monday and Wednesday, 4:30-5:30 pm
NCCLD 252-RB
March 16 – May 6
Monday and Wednesday, 5:00-5:30 pm
NCCLD 252-RC
March 17 – May 7
Tuesday and Thursday, 5:30-6:30 pm

Level 5 Swimming
Room: Aquatic Center
Staff
Fee: $55.00
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 also introduced.
NCCLD 253-RA
March 17 – May 7
Tuesday and Thursday, 4:30-5:30 pm

Level 6-A Swimming
Room: Aquatic Center
Staff
Fee: $55.00
The objective of Level 6 is to refine strokes so students swim 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 focuses 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-RA
March 17 – May 7
Tuesday and Thursday, 4:30-5:30 pm

Competitive (Off-season) Training
Room: Aquatic Center
Staff/Coach Marvin Shockey
Fee: $55.00
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-RA
March 16 – May 6
Monday and Wednesday, 6:15 - 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
- Beginning Kayaking