

SPRING 2019 AQUATIC CENTER CHILDREN'S SWIMMING



Registration for Spring 1st and 2nd Sessions begins Wednesday, December 12th. Main Entrance Doors open at 6:00am and Mustang Central Doors open at 7:30am. Register at Mustang Central.

- **In-Person Registration is recommended.**
- Once the In-Person Registrations are complete, **phone messages will be returned** in the order they were received.
- Only **calls received AFTER 7:30 am will be returned.**
- For Phone Registration call 307-382-1600. Your call will be forwarded to leave a message.
- When leaving a message, please leave **your name & call-back number.** Please don't leave multiple messages.
- For **Information on Classes & Levels** call 307-382-1694.
- Registrations are non-refundable and non-transferrable.

Session 1, January 16 – March 7
Session 2, March 18 – May 9

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 and will be canceled if fewer than 4 are registered.

NCCLD 258-RA
March 19 – May 9
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 pool side to assist/help child. Parents should always watch children closely in or around any water.

To pass Level 1, the 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.

NCCLD 250-R1
January 16 – March 6
Monday and Wednesday, 4:30-5:00 pm

NCCLD 250-R2
January 16 – March 6
Monday and Wednesday, 5:00-5:30 pm

NCCLD 250-R3
January 16 – March 6
Monday and Wednesday, 5:30-6:00 pm

NCCLD 250-R4
January 16 – March 6
Monday and Wednesday, 6:00-6:30 pm

NCCLD 250-R5
January 17 – March 7
Tuesday and Thursday, 4:30-5:00 pm

NCCLD 250-R6
January 17 – March 7
Tuesday and Thursday, 5:00-5:30 pm

NCCLD 250-R7
January 17 – March 7
Tuesday and Thursday, 5:30-6:00 pm

NCCLD 250-R8
January 17 – March 7
Tuesday and Thursday, 6:00-6:30 pm

NCCLD 250-RA
March 18 – May 8
Monday and Wednesday, 4:30-5:00 pm

NCCLD 250-RB
March 18 – May 8
Monday and Wednesday, 5:00-5:30 pm

NCCLD 250-RC
March 18 – May 8
Monday and Wednesday, 5:30-6:00 pm

NCCLD 250-RD
March 18 – May 8
Monday and Wednesday, 6:00-6:30 pm

NCCLD 250-RE
March 19 – May 9
Tuesday and Thursday, 5:00-5:30 pm

NCCLD 250-RF
March 19 – May 9
Tuesday and Thursday, 5:30-6:00 pm

NCCLD 250-RG
March 19 – May 9
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: \$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. 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. 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, the swimmer must have a perfect rhythmic breathing ¾ length of the pool. Call the Aquatic Center if you have questions concerning skills.

NCCLD 251-R1
January 16 – March 6
Monday and Wednesday, 4:30-5:30 pm

NCCLD 251-R2
January 16 – March 6
Monday and Wednesday, 5:30-6:30 pm

NCCLD 251-R3
January 17 – March 7
Tuesday and Thursday, 4:30-5:30 pm

NCCLD 251-R4
January 17 – March 7
Tuesday and Thursday, 5:30-6:30 pm

NCCLD 251-RA
March 18 – May 8
Monday and Wednesday, 4:30-5:30 pm

NCCLD 251-RB
March 18 – May 8
Monday and Wednesday, 5:30-6:30 pm

NCCLD 251-RC
March 19 – May 9
Tuesday and Thursday, 4:30-5:30 pm

NCCLD 251-RD
March 19 – May 9
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 a wall. To pass Level 4, the swimmer must have a perfect whip kick and a decent breaststroke.

NCCLD 252-R1
January 16 – March 6
Monday and Wednesday, 4:30-5:30 pm

NCCLD 252-R2
January 17 – March 7
Tuesday and Thursday, 5:30-6:30 pm

NCCLD 252-RA
March 18 – May 8
Monday and Wednesday, 4:30-5:30 pm

NCCLD 252-RB
March 19 – May 9
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 also introduced.

NCCLD 253-R1
January 17 – March 7
Tuesday and Thursday, 4:30-5:30 pm

NCCLD 253-RA
March 19 – May 9
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.

NCCLD 257-R1 (Jr. Lifeguard Skills)
January 17 – March 7
Tuesday and Thursday, 4:30-5:30 pm

NCCLD 254-RA (Personal Water Safety)
March 19 – May 9
Tuesday and Thursday, 4:30-5:30 pm

Technique Training Course

Room: Aquatic Center
Staff
Fee: \$58.00

The objective of the Technique Training Course is to keep and enhance the skills. 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. 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
January 16 – March 6
Monday and Wednesday, 6:30-7:45pm

NCCLD 259-RA
March 18 – May 8
Monday and Wednesday, 6:30-7:45pm

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
- Lifeguard Training
- Water Safety Instructor (WSI)
- Beginning Skin and Scuba
- Advanced Skin and Scuba

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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 Speer 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.