

SUMMER 2018 AQUATIC CENTER CHILDREN'S SWIMMING



Registration for Summer Session begins Wednesday, May 9th

Doors open at 7:30am. Register at Mustang Central.

In-person registration is recommended.

Phone-in registrations will be taken as phone lines and personnel are available.

Only choose one option - not both.

Call 307-382-1677 to register and call 307-382-1694 for more information on levels.

Registrations are non-refundable and non-transferable.

Session dates, June 4 – July 26

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 four are registered.

NCCLD 258-RA

June 5 – July 26

Tuesday and Thursday, 11:00-11:30 am

NCCLD 258-RB

June 5 – July 26

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

NCCLD 250-R1

June 4 – July 25

Monday and Wednesday, 10:30-11:00 am

NCCLD 250-R2

June 4 – July 25

Monday and Wednesday, 11:00-11:30 am

NCCLD 250-R3

June 4 – July 25

Monday and Wednesday, 4:30-5:00 pm

NCCLD 250-R4

June 4 – July 25

Monday and Wednesday, 5:00-5:30 pm

NCCLD 250-R5

June 4 – July 25

Monday and Wednesday, 5:30-6:00 pm

NCCLD 250-R6

June 4 – July 25

Monday and Wednesday, 6:00-6:30 pm

NCCLD 250-RA

June 5 – July 26

Tuesday and Thursday, 10:00 – 10:30 am

NCCLD 250-RB

June 5 – July 26

Tuesday and Thursday, 10:30 – 11:00 am

NCCLD 250-RC

June 5 – July 26

Tuesday and Thursday, 4:30 – 5:00 pm

NCCLD 250-RD

June 5 – July 26

Tuesday and Thursday, 5:00 - 5:30 pm

NCCLD 250-RE

June 5 – July 26

Tuesday and Thursday, 5:30 – 6:00 pm

NCCLD 250-RF

June 5 – July 26

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. 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 – 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

June 4 – July 25

Monday and Wednesday, 4:30 - 5:30 pm

NCCLD 251-R2

June 4 – July 25

Monday and Wednesday, 5:30 - 6:30 pm

NCCLD 251-RA

June 5 – July 26

Tuesday and Thursday, 10:00 – 11:00 am

NCCLD 251-RB

June 5 – July 26

Tuesday and Thursday, 4:30 - 5:30 pm

NCCLD 251-RC

June 5 – July 26

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 – swimmer must have a perfect whip kick and a decent breaststroke.

NCCLD 252-R1
June 4 – July 25
Monday and Wednesday, 10:00 – 11:00 am

NCCLD 252-R2
June 4 – July 25
Monday and Wednesday, 4:30 - 5:30 pm

NCCLD 252-R3
June 4 – July 25
Monday and Wednesday, 5:30 - 6:30 pm

NCCLD 252-RA
June 5 – July 26
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-RA
June 5 – July 26
Tuesday and Thursday, 4:30 – 5:30 pm

Level 6-D 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 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 257-RA (Jr. Lifeguard Skills)
June 5 – July 26
Tuesday and Thursday, 4:30 - 5:30 pm

Technique Training

Room: Aquatic Center
Staff
Fee: \$58.00

The objective of the Technique Training Course is to keep/enhance their swimming skills. This course is for the more 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. Great workouts and fun sets! The athlete must have Level 5 skills or competitive experience, instructor will determine. A minimum of six swimmers must be enrolled or the class will be cancelled.

NCCLD 259-R1
June 4 – July 25
Monday and Wednesday, 6:30 – 7:45 pm

