

The Kozisek Aquatic Center is offering lessons for students in the evenings. We will be keeping the sessions small (4-6 per instructor). Lessons will be \$30 per session per child.

LEVELS 1 and 2 will be in the small pool. (30 minutes 2x per week for 4 weeks.)

Level 1: Will learn to do bobs as an introduction to rhythmic breathing. Float on back and front and transition back and front. Kicking with a kick board or swim bar on their stomachs, kicking on back with and bar or kick board. Will be introduced to arm strokes for freestyle (front crawl) and back stroke. Jumping off the side of the deep end of small pool without assistance. Dive for toys and learn to submerge underwater. Goal is to kick without stopping across small pool and kicking without board.

Level 2: who are comfortable in the water, comfortable with 3-5 rhythmic bobs, floating on back and front, float and then kick across the small pool without touching the bottom of the pool, but would like to learn fundamental aquatic skills. Students will practice skills such as: prone glide on front and back with and without kick; rhythmic breathing; freestyle and back stroke; flutter kicks. The goal for this session is to help the swimmer to feel comfortable swimming in the big pool, and possibly be ready to advance to basic stroke mechanics. Will continue diving for toys and swimming underwater.

Levels 3-6 are in the big pool and a child must be comfortable in the big pool and kick unassisted level 3, swim free and back stroke level 4 and up. Float on back and front comfortably. We may require a swim assessment for these classes. (45 minutes 2x per week for 4 weeks)

Level 3: Must be comfortable in the lap pool, kick half way without stopping or grabbing onto the wall. Know basic stroke mechanics of freestyle and backstroke. Will work on kicking and rhythmic breathing for freestyle. Goal is to be able to swim freestyle (frontcrawl) and backstroke without stopping to move to level 4.

Level 4: Continue working on freestyle breathing and stroke mechanics of freestyle and backstroke mechanics. Will learn side stroke and elementary back stroke. Begin learning dives, first sitting, kneel dive, stride dive, compact dive. Goal to move to level 5 is proficient in both freestyle and backstroke.

Level 5: Can efficiently swim freestyle and back stroke. Will learn breaststroke and butterfly and work on dolphin kick and continue dive progression. Goal is to be able to swim all four strokes and would like to learn competitive swimming.

Level 6: This level is for those interested in competitive swimming. Swimmers will learn basic swim sets and drills, diving off the blocks, flip turns and continue refining the four competitive swim strokes (freestyle, backstroke, butterfly and breaststroke). Must be able to swim down and back in freestyle and backstroke without stopping. This level will get them ready for Stingrays Swim Team.

The parents will need to have their child to the Aquatic Center for the Levels 1 and 2 Mon/Wed and Tues/Thur lessons beginning 3:45, and an adult must be present to pick them up at the end of lessons. Levels 3-6 will begin 6:30. Space is limited due to health guidelines.

Please fill out the attached form and return in one of the following locations:

1) Turn in to Teresa Gross (Aquatic Center) 3-6pm or a Life Guard working 5:30-7pm M-F

2) First come basis, limited to 4 or 5 kids per level. Registration will close Thurs. Nov. 5th

If you have questions, please call the Kozisek Aquatic Center at 307-746-4850 or Kathy Beehler at 605-890-0235 or Teresa Gross at 307-746-6924 or 605-214-1240.

Pd Cash _____ Pd Check _____

2020 Winter Swimming Lesson Registration Form

Cost - \$30.00 per student November 9th- December 10th
3:45-4:15, 4:30-5:00 or 5:30-6:00* (if needed) Levels 1 & 2 M/W or T/TH
6:30-7:15 or 7:15-8:00 *(if needed) Levels 3-6 M/W or T/TH
***We will fill early session first and add if needed**

Name _____ Address _____

Age _____ Grade _____ Level: 1 2 3 4 5 6 (levels 3-6 swim assessment may be required)

Parent/Guardian 1 _____ Best Phone _____ Alt _____

Parent/Guardian 2 _____ Best Phone _____ Alt Phone _____

Contact in case of Emergency if unable to reach parents: _____

Relationship _____ Phone Number _____ Doctor _____

LEVEL 1: 3:45-4:15 4:30-5:00 *5:15-5:45 Mon/Wed Tue/Thur

LEVEL 2: 3:45-4:15 4:30-5:00 *5:15-5:45 Mon/Wed Tue/Thur

LEVEL 3: 6:30-7:15 7:15-7:45 Mon/Wed Tue/Thur

LEVEL 4: 6:30-7:15 7:15-7:45 Mon/Wed Tue/Thur

LEVEL 5: 6:30-7:15 7:15-7:45 Mon/Wed Tue/Thur

LEVEL 6: 6:30-7:15 7:15-7:45 Mon/Wed Tue/Thur

*We will only fill this time when the other two sessions are full. (Please sign COVID waiver next page.)

I acknowledge the contagious nature of the COVID-19 virus, and respect that the facility adheres to the CDC recommendations of practicing social distancing and wearing face coverings. I further acknowledge that WCS D#1 Facility has put in place preventative measures to reduce the spread of the COVID-19 virus, to the best of their abilities. I further acknowledge that no guarantee exists regarding whether or not I or my children may contract COVID-19. I understand that the risk of becoming exposed to and/or infected by the COVID-19 virus may result from the actions, omissions, or negligence of myself and others, including, but not limited to, staff and other clients. I acknowledge that I increase my risk of exposure to COVID-19 by participating in services rendered. I acknowledge that I must comply with all set procedures to reduce the spread while in attendance.

I attest that each time I or my child comes into the aquatic center:

** I am not experiencing any symptom of illness such as cough, shortness of breath, difficulty breathing, fever, chills, muscle pain, headache, sore throat, or new loss of taste or smell.*

** I have not traveled internationally within the last 14 days.*

** I have not traveled to a highly impacted area within the United States in the last 14 days.*

** I do not believe I have been exposed to someone with a suspected and/or confirmed case of COVID-19.*

** I have not been diagnosed with Coronavirus/Covid-19 by state or local public health authorities.*

** I am following all CDC recommended guidelines as much as possible, including limiting any purposeful exposure to COVID-19.*

I hereby release and agree to hold Kozisek Aquatic Center and WCS D#1 harmless from any causes of action, claims, demands, damages, costs, expenses and compensation for damage to myself that may be caused by any act, or failure to act, or that may otherwise arise in any way with any services received. I understand that this release discharges the aforementioned from any liability with respect to bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received. This liability waiver and release extends to any WCS D#1 facility.

I also understand that if I do not adhere to the above listed items I will not be allowed to use the WCS D#1 facilities and my children may be removed from the Kozisek Aquatic Center and swim lessons.

We ask that parents and guardians will practice social distancing and wear a mask when social distancing is not possible. The pool has a capacity of 60 people in the facility which will include the kids in the pool and staff, swim team and coaches. If the max is met parents and guardians may have to wait in their cars while swim lessons and swim practice are taking place.

The lessons are available to school age children (K-12) at this time. We cannot have lessons for pre-school at this time.

PRINT NAME _____

Relationship to the swim lesson participant: _____

Signature X _____ Date _____