

# UWEC Blugold Swimming Lessons

The UWEC swimmers are offering swimming and diving lessons for swimmers of all ages and abilities. The lessons will be taught by experienced college swimmers and divers. The lessons are offered in 2 sessions with 6 levels. Lessons will be 50 minutes long (30 minutes for Sea Turtles and Parent/Child). Sign up for the level that you think best suits you/ your child's needs. Instructors may move swimmers based on ability and class size. If you would like you/ your child to have a private lesson, or cannot make any of the scheduled classes we can to our best to accommodate you. Any questions regarding levels/placement may be directed to Grace Fair via email at [fairgf@uwec.edu](mailto:fairgf@uwec.edu).

## Sea Turtles

For swimmers with little or no experience.

Skills to be taught:

- Comfort in the water
- Blowing bubbles
- Arm Movement for swimming on front and back
- Kicking with support
- Floating front and back
- Bobs

## Star Fish

Recommended skills to know: hold front and back float 5 sec, put face in water, kick independently with kickboard.

Skills to be taught:

- Swimming independently on front and back 15 yards
- Front and back glides
- Introduction to whip kick and dolphin kick
- Rotary breathing
- Introduction to elementary backstroke

## Sea Horses

Recommended Skills to know: Knowledge of all the skills from star fish level.

Skills to be taught:

- 25 yards of front crawl
- 25 yards of back crawl
- Whip kick front and back
- Introduction to breaststroke
- 15 yards elementary backstroke
- Dolphin kick
- Open turns
- Treading water
- Diving

## Sharks

Recommended Skills: Knowledge of all Sea Horse skills

Skills to be taught:

- 50 yards of front crawl
- 50 yards of back crawl
- 25 yards breaststroke
- 25 yards elementary backstroke
- Flip turns
- Treading water at least 1 minute
- 15 yards butterfly
- Sidestroke

## Parent Child Lessons

Orientating children and their parents to the water.

Skills to be taught:

- Comfort in the water
- Water entry
- Bubble blowing
- Floating on front and back

## Competitive Skills

This is for those swimmers who are ready to join a competitive swim team and want to refine skills, and learn new skills necessary for competitive swimming. It is also for those who already have competitive swimming experience and are looking to improve and refine their strokes, turns and starts with the help of experienced college swimmers. This level can be refine for each swimmer's personal goals and needs. It is encouraged to sign up both for Monday/Wednesday and Tuesday/Thursday classes.

## Adult Lessons

Tailored to each swimmer's individual needs. From beginners to Master Swimmers, to those just looking to getting in shape, we can create a program specifically for you. Adult lessons will most likely be one-on-one or two-on-one students to instructors.

## Class Dates and Times

### Monday and Wednesday

Session 1 (April 4- April 20)

Session 2 (April 27-May 11)

**5-5:30 pm** Sea Turtles                      **5:30- 6pm** Parent Tot

**5-5:50 pm** Star Fish, Sea Horses

**6-6:50 pm** Sharks, Competitive Skills, Adult Lessons

### Tuesday and Thursday

Session 1 (April 5- April 21)

Session 2 (April 26- May 12)

**4-4:50 pm** Sharks, Competitive Skills, Adult Lessons

**5-5:30 pm** Sea Turtles

**5:30- 6pm** Parent Tot

**5-5:50 pm** Star Fish, Sea Horses

### Registration From

Parent/ Guardian \_\_\_\_\_ Primary Phone Number \_\_\_\_\_

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Address \_\_\_\_\_

Email Address \_\_\_\_\_

Please Circle the appropriate lesson and session:

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Please register by no later than March 31<sup>st</sup> for session 1 and April 21<sup>st</sup> for session 2 by calling 836-2546, online at <http://www.uwecblugolds.com/?view=camps> or sending registration form to

UWEC Swimming Lessons

McPhee Physical Education Center

UWEC

Eau Claire, WI 54702

Cost: \$45.00 (Please make checks payable to UWEC)

NOTE: a \$3.00 processing/service fee will be added to all phone-in and mail-in credit card orders.

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## All proceeds go to the UWEC Swim and Dive Team

UNIVERSITY OF WISCONSIN-EAU CLAIRE  
DEPARTMENT OF ATHLETICS

SWIM LESSONS

MEDICAL CONSENT - HOLD HARMLESS

If your son, daughter or ward will be under the age of 18 years while at our program, it is our policy to secure your consent for medical treatment. In case of illness or injury, permission is granted to treat the participant at an appropriate medical facility. By signing below you are giving your consent in advance for medical treatment.

Furthermore, as a participant in the program, I hereby state that I am aware of and accept the risk inherent in the program activity. The undersigned does hereby agree to hold harmless and indemnify the State of Wisconsin, the Board of Regents of the University of Wisconsin system, and the University of Wisconsin-Eau Claire, their officers, agents and employees, from any and all liability, loss damages, costs, or expenses which are sustained, incurred, or required arising out of the actions of my dependent in the course of the program.

\_\_\_\_\_  
Participant Name - Please Print

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Participant Name - Please Print

\_\_\_\_\_  
Street Address or PO Box

\_\_\_\_\_  
Participant Name - Please Print

\_\_\_\_\_  
City, State, Zip Code

\_\_\_\_\_  
Date