

# TREMPEALEAU POOL

## 2022 SWIMMING LESSON INFORMATION

### SESSION 1-EVENING LESSONS (June 6-10, 13-17)

- 5:00-5:35pm, 5:40-6:15pm, 6:20-6:55pm

### SESSION 2-MORNING LESSONS (June 20-24, June 27-July 1)

- 9:30-10:00am, 10:05-10:35am, 10:40-11:10am, 11:15-11:45am

### SESSION 3-MORNING LESSONS (July 5-8, 11-15)

- 9:30-10:00am, 10:05-10:35am, 10:40-11:10am, 11:15-11:45am

### SUMMER SCHOOL SWIMMING LESSONS (July 18-21, July 25-28, August 1-4)

- Registration for Summer School Swimming Lessons is available through the GET School District Website. Click [HERE](#) for Summer School registration.

### PARENT TOT SWIMMING LESSONS INFO

- Registration information will be released on June 15th. Parent Tot Lessons begin in July.

### SWIMMING LESSON IN-PERSON REGISTRATION EVENT

- Sunday, May 1st - 6:00-8:00pm
- Village of Trempealeau Community Center
- Pool Staff will be present to process registrations

### REGISTERING FOR LESSONS AFTER REGISTRATION EVENT - **MAY 2nd-30th**

- Registration forms will be accepted via email ([pool@trempealeauwi.com](mailto:pool@trempealeauwi.com)). Photos of registration forms will **NOT** be accepted this year.
- Registration forms will be accepted through the Village Office. Drop off in-person during normal business hours or use the Village of Trempealeau Drop Box.
- **Starting May 31st**, registration forms will only be accepted through the pool office.

### ADDITIONAL INFORMATION

- Families will be allowed to sign up for ONE swimming lesson session per child when registering. Once the pool opens on June 4th, all remaining swimming lesson spots will be available for families who wish to sign up for multiple sessions.



If you have any questions, please contact  
Melissa at [pool@trempealeauwi.com](mailto:pool@trempealeauwi.com).

# 2022 Trempealeau Pool Swimming Lesson Registration Form

## SWIMMING LESSON FEES – PAYMENT DUE FIRST DAY OF SESSION

**FREE FOR CHILDREN RESIDING WITHIN G-E-T SCHOOL DISTRICT BOUNDARIES (ENTERING GRADES 4K-12 IN FALL 2022)**

**\$20 FOR CHILDREN RESIDING OUTSIDE OF THE G-E-T SCHOOL DISTRICT BOUNDARIES**

**\$20 FOR CHILDREN 4 YEARS AND YOUNGER WHO ARE NOT ATTENDING A 4K PROGRAM IN FALL OF 2022**

Last Name of Family (list swimmer's last name if different from parent/guardian): \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Phone Number(s): \_\_\_\_\_

Home Address: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact (Name, Phone Number, and Relationship): \_\_\_\_\_

### Please list all children you are registering for swimming lessons:

See back of registration form for descriptions of levels

Name of child	Age	Grade entering in Fall 2022	Attends G-E-T School District (circle one)	Swimming Lesson Level of child (circle one):
			Yes No	WR* 1 2 3 4 5 6
			Yes No	WR* 1 2 3 4 5 6
			Yes No	WR* 1 2 3 4 5 6
			Yes No	WR* 1 2 3 4 5 6

**\*WR – Water Readiness (for children uncomfortable in the water ages 3-5)**

Medical concerns of child(ren) please list and explain: \_\_\_\_\_

### Lessons Dates and Times

Please check your preference for sessions and times. Please indicate 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> choice

SESSION 1 June 6-10, 13-17 EVENING LESSONS	SESSION 2 June 20-24, June 27-July 1 MORNING LESSONS	SESSION 3 July 5-8, 11-15 MORNING LESSONS	SUMMER SCHOOL LESSONS: July 18-21, 25-28 August 1-4
____ 5:00-5:35pm	____ 9:30-10:00am	____ 9:30-10:00am	<b>REGISTRATION FOR THESE LESSONS ARE THROUGH THE G-E-T SCHOOL DISTRICT ONLY Levels 1-6 only</b>
____ 5:40-6:15pm	____ 10:05-10:35am	____ 10:05-10:35am	
____ 6:20-6:55pm	____ 10:40-11:10am	____ 10:40-11:10am	
	____ 11:15-11:45am	____ 11:15-11:45am	

# AMERICAN RED CROSS SWIMMING LESSONS DESCRIPTIONS

## LEVELS 1-6 and Water Readiness

### **Water Readiness - Parents required to enter water & bring a life vest from home for children.**

**Objective:** To help students feel comfortable in the water and to enjoy the water safely

**Requirements:** None (recommended for ages 3-5)

**Skills Covered:** Entering and exiting water independently, learning to submerge eyes, nose and mouth, blowing bubbles, front gliding/rolling to back/recovery to vertical position with minimal assistance

### **Level 1-Introduction to Water Skills - Children required to bring life vest from home.**

**Objective:** To help students feel comfortable in the water and to enjoy the water safely

**Requirements:** None (recommended for children comfortable with water)

**Skills Covered:** Entering and exiting the water safely, submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.

### **Level 2-Fundamental Aquatic Skills**

**Objective:** To give students success with fundamental skills

**Requirements:** Students entering this level must possess a Level 1 certificate or demonstrate all the Level 1 skills.

**Skills Covered:** Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use.

### **Level 3-Stroke Development**

**Objective:** To build on skills in Level 2 through additional guided practice

**Requirements:** Students entering this level must possess a Level 2 certificate or demonstrate all the Level 2 skills.

**Skills Covered:** Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, check-call-care.

### **Level 4-Stroke Improvement**

**Objective:** To develop confidence in the strokes learned thus far and to improve other aquatic skills by increasing endurance through swimming greater distances

**Requirements:** Students entering this level must possess a Level 3 certificate or demonstrate all the Level 3 skills.

**Skills Covered:** diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breast stroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for conscious choking victim.

### **Level 5-Stroke Refinement**

**Objective:** Coordination and refinement of strokes

**Requirements:** Students entering this level must possess a Level 4 certificate or demonstrate all the Level 4 skills.

**Skills Covered:** Shallow dive, tuck and pike surface dives, 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breast stroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing.

### **Level 6-Swimming and Skill Proficiency**

**Objective:** Refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances; includes "menu options" - Personal Water Safety, Fitness Swimmer and Fundamentals of Diving

**Requirements:** Students entering this level must possess a Level 5 certificate or demonstrate all the Level 5 skills.

**Skills Covered:** 500 yards continuous swim using 100 yards each of front & back crawl, 50 yards each of breast stroke, elementary backstroke, sidestroke & butterfly and 100 yards choice of any of those strokes, survival floating and back floating 5 minutes each, feet first surface dive & retrieve an object from 7 feet.