



Wagon Trails Summer Swim Lessons - 2022

The Rocky Mountain Rapids are excited to offer swim lessons at the Wagon Trails Community Pool!

Sessions Offered: Sessions are two-weeks long Monday-Thursday at 10:00, 10:25 or 10:50

Session 1: June 6-16

Session 3: July 5-14

Session 2: June 20-30

Session 4: July 18-28

Classes Offered: 6 Levels offered Beginner-Advanced see level descriptions on reverse)

Notes:

- **These lessons are for WTRA RESIDENTS IN GOOD STANDING ONLY.**
- Ages 3-12. All children 11 & under must have an adult age 18 or older on-site during the entire lesson.
- No more than 5 students per class and no fewer than 2.
- On the first day of each session, the coaching staff will ensure that all participants are placed in the correct group for their skill level.
- \$60.00 per child per 2-week session (eight 25-minute lessons)
- For more information, please contact Mark Hesse via e-mail: headcoach@rockymountainrapids.org

To sign up:

- Signups must be done on the form below and turned into the staff at the Wagon Trails Community Pool.
- Bring your member card and ID.
- **Complete the information below for EACH participant (one child per form). Please print clearly**
- Payment by check payable to: Rocky Mountain Rapids or cash (on first day of session)

Swimmer's Name: _____ **Age:** _____

Parent/Guardian: _____

Address: _____

Phone: _____ **Email:** _____

Session (circle session(s)): Session 1 Session 2 Session 3 Session 4

Level Requested: _____ **Time Preferred*:** _____

Has the swimmer had any prior formal swim lessons? (If yes, please note when, where, and what level.)

By registering my child(ren) with the **Rocky Mountain Rapids Swim Team**, I agree to participate (or allow my child(ren) and family members to participate) in the **Rocky Mountain Rapids Swim Team**, and hereby release **Rocky Mountain Rapids Swim Team**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Rocky Mountain Rapids Swim Team** program, including travel to and from swim lessons, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **Rocky Mountain Rapids Swim Team** program.

Signature of parent/guardian

Date

RAPIDS SWIM LESSON LEVELS

Level 1 (3 years and older)

This is our introduction to the water class and an independent class, no adult assist. Swimmers learn skills to help them become more comfortable in the water and safety skills in and around pools. This level will include bobbing (to become comfortable with the head being under water), kicking with the instructor on a kick board, spider-man crawls around the pool, and assistance with basic floating positions.

Level 2 (3 years and older)

Swimmers become more independent as they are guided through assisted and unassisted skill development. Building on the basics from Level 1 and adding in the streamline with bobs, kicking with kick board to and from the instructor, floating for at least 5 seconds on their own. Students will also practice kicking on their back, either hands at sides or in streamline,

Level 3 (3 years and older)

By the end of this class, swimmers will be able to move in the water by kicking and introductory arm movements. Build on Level 2 basics and practice kicking on their own (with a kickboard and without a kickboard, front and back). They will extend their unassisted float times and begin learning the basic arm movements for freestyle, backstroke, and breaststroke.

Level 4 (3 years and older)

Students practice moving through the water to achieve independence in their freestyle and backstroke. introduction to breaststroke and dolphin kick.

Level 5 (3 years and older)

Students can swim freestyle and backstroke across the width of the pool. Butterfly and breaststroke are the next strokes to learn.

Level 6 (3 years and older)

Swimmers put their skills together to swim all four strokes and learn open and flip turns. The skills learned in Levels 1-5 are combined to a proficient level

Pre-Club Team (Summer Team)

Upon completion of Level 6, swimmers will have the opportunity to tryout with a Rapids coach for placement on the Rocky Mountain Rapids Swim Team, if interested. There will also be an option to move to the Pre-Club Team, if interested and there is time remaining that summer. *Moving to the Pre-Club Team will require additional costs.*