

City of Sedgwick Swimming Lessons & Activities

Summer 2010

This is the first year that the Sedgwick Municipal Pool will be having swim lessons for children. Don't miss the great opportunity of having your child taught to swim by our certified lifeguards. Classes will be held in 2 week sessions starting on Mondays and ending on the following Thursday. We will **NOT** have lessons on Friday mornings and all lessons will be between the hours of 9am and 12 noon. Listed below are the classes we are offering. Lessons are 30 dollars (\$30.00) a session and will be held in 60 minute intervals. Class size limited to 12 students.

PAID REGISTRATIONS NEED TO BE TURNED IN TO CITY HALL ON OR BEFORE JUNE 1ST FOR SESSION ONE. REGISTRATIONS FOR SESSIONS TWO THRU FOUR NEED TO BE TURNED IN AS SOON AS POSSIBLE TO SECURE THE CLASS AND PAYMENT MADE ONE WEEK PRIOR TO THE START OF CLASS.

Session One: June 7 thru June 17

Session Three: July 5 thru July 15

Session Two: June 21 thru July 1

Session Four: July 19 thru July 29

GOLDFISH: ages 5 to 7. (11:00 – 12:00)

Objectives include exploring the water, learning floatation and accurate breathing techniques.

STARFISH: ages 8 to 9 (10:00 – 11:00)

Objectives include front, back and sidestrokes, learning to dive properly, and reviewing previous skills.

FROGS: ages 10 to 11 (10:00 – 11:00)

Objectives include treading water, diving skills, and reviewing previous skills.

PENGUINS: ages 12 to 13 (11:00 – 12:00)

Objectives include advanced strokes (butterfly and breast), learning underwater turns, pre-swim team instruction and reviewing previous skills.

SHARKS: ages 14 and up (9:00 – 10:00)

Objectives include swim team instruction, learning diving board skills, rescue skills, and advanced dives. Sedgwick pool will have a swim team next summer.

--After completing the Shark class the student has then graduated the Swimming Lessons program and will receive a graduate certificate.--

Any questions regarding specification for classes:

Amy Watkins
Sedgwick Community Pool Manager
316.772.0164
Watkins.1966@sbcglobal.net

Lauren Kempf
Assistant Pool Manager
316.836.7178
Lauren_kempf@hotmail.com

- ❖ If enough interest is shown, we will hold a **TADPOLE** class for introductory lessons for those children age 4 and under. This class requires a parent to be in the pool with each child. These classes could be held on Saturday mornings or possibly in the evenings. Class will be determined by the number of registrations received.

ADULTS AND SENIOR'S

We want to schedule adult lap swims and water aerobics classes to be held from 12 noon to 1:00pm and again from 6:00pm to 7:00pm daily. Also if there is enough interest we would like to have a "Senior" swim time and/or aerobics class. Please contact City Hall or one of the contacts above with your interest, so we may finalize schedules.