

Summer 2023

City of Sedgwick Swimming Lessons, Team & Activities

Sedgwick Community 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. Lessons 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 11am to 12pm. Listed below are the classes we are offering. Lessons are \$35.00 a session and will be held in 45-minute intervals. **PAID REGISTRATIONS NEED TO BE TURNED IN TO POOL ON OR BEFORE JUNE 4th FOR SESSION ONE. REGISTRATIONS FOR SESSION TWO 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 5 - June 15

Monday - Thursday

Session Two: June 19 - June 29

Monday - Thursday

Session Three: July 10 - July 20

Monday - Thursday

SWIM TEAM: *SEE TEAM FLYER FOR MORE INFORMATION*

Practice starts June 5 - ages 11 & older (9 am to 10 am)
ages 10 & under (10 am to 11am)

GOLDFISH: ages 5 to 6 (11am to 12 pm) both sessions

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

STARFISH: ages 6 to 7 (11am to 12 pm) both sessions

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

JELLY FISH: ages 8 to 9 (11am to 12 pm) both sessions

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

FROGS: ages 10 to 11 (11am to 12 pm) both sessions

Objectives include advanced strokes (butterfly and breast), learning underwater turns, and reviewing previous skills.

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

❖ 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. Class will be determined by the number of registrations received.

ADULTS AND SENIOR'S

Starting June 5th: Adult lap Swim 12pm to 1pm Mon-Thurs.

Adult Exercise is from 6pm to 7pm Mon.-Thurs.

Please contact City Hall or contact the pool manager for more information.

Any questions regarding specification for classes or swim team contact:

Abra Thieme/Sedgwick Community Pool Manager

316-650-6676 email abrathieme@gmail.com

*** Please take completed forms to the pool after May 27th.***