SWIM LESSONS 9 FOR $45
AT UW-WHITEWATER SESSIONS PER CHILD
SEPTEMBER 14-24
Levels

**Level 1:**
Covers learning to float and learning the basic ideas of freestyle and backstroke. Works on flutter kicking and how to be comfortable in the water in multiple positions.

**Level 2:**
Expands on knowledge of the strokes covered in Level 1. Aim is to make it across the pool in these strokes and improving the stroke function.

**Level 3:**
Focuses on building strength and ability of Level 2 strokes. Introduction of more elements of breaststroke and butterfly, and rotary breathing in freestyle. Introduction of different entry techniques and deep water floats and treading.

**Level 4:**
Expands knowledge of all four strokes, including butterfly and breaststroke. Introduces open turns and improves endurance in all strokes. Expands on entries and deep water movements.

**Level 5:**
Focuses on continuing improvement of all strokes, turns, and entries. Improves endurance and strength of all strokes and water movements.

---

**Schedule**

Classes are held **September 14 - September 24.** Week one will run Monday - Friday, week two will run Monday - Thursday for a total of nine sessions for $45.

**Session 1**
- **Level 1:** 4:00 - 4:30pm
- **Level 2:** 4:00 - 4:40pm
- **Level 3:** 4:00 - 4:40pm
- **Level 4:** 4:00 - 4:40pm
- **Level 5:** 4:00 - 4:40pm

**Session 2**
- **Level 1:** 4:45-5:15pm
- **Level 2:** 4:45-5:25pm
- **Level 3:** 4:45-5:25pm
- **Level 4:** 4:45-5:25pm
- **Level 5:** 4:45-5:25pm