

2017 Wedgwood Swim Club - Lessons

Wedgwood Pool
7727 28th NE
Seattle, WA 98115

(206) 523-8211
www.wwpool.org
wwlessoncoordinator@gmail.com

The staff at Wedgwood Swim Pool are dedicated to providing safe, fun, high quality swimming instruction.

Morning Class Schedule	
<i>Monday-Friday</i>	
Time	Lesson/Practice
9:30-10:00*	Lesson # 1*
10:00-10:15*	Practice Swim*
10:15-10:45	Lesson # 2
10:45-11:15	Lesson # 3
11:15-11:30	Practice Swim
11:30-12:00	Lesson # 4

Evening Class Schedule	
Please note: One long session of 6 classes	
Monday and Wednesday evenings	
(No Practice Swim for evening classes)	
5:30-6:00 PM	Lesson #1
6:00-6:30 PM	Lesson #2
6:30-7:00 PM	Lesson #3

Note:

* Evening lessons are only offered for One 6 class session

*Only levels Preschool 1 through Beginner 1 are offered during evening lessons due to limited pool space

*Please note that there will be limited deep end exposure during the 9:30am lesson.

Morning Lessons

Wedgwood Swim Pool Lessons are divided into five two-week sessions throughout the summer. During each morning lesson your child will receive small group instruction and guided practice for 30 minutes, as well as an opportunity to practice on his/her own for 15 minutes before or after the lesson. Morning Lessons are held Monday through Friday for the duration of the session, totaling 5 hours of instruction and 2.5 hours of free swim each full session.

Evening Lessons

Due to scheduling issues our evening lesson program will be greatly reduced this summer. We will be running one longer session of 6 class sessions total and they will start on Wednesday, June 28th and be held Monday and Wednesdays through July 19th (see session schedule below). Registration for evening lessons will take place at the same time as our session 1 registration with members having priority, followed by those in lessons during session 4 or 5 last summer and finally those new to our program. Please check the enrollment dates below for more specific information.

During each lesson, your child will receive small group instruction and guided practice for 30 minutes. Please note that during Evening Lessons, our facility will be open to our membership, which offers your swimmer a smaller class size than our Morning Lessons, but prevents us from offering levels above Beg I or a Practice Swim ("free") Time. Evening lessons total 3 hours of instruction for this extended session.

Sessions	Dates
1 * **	June 27th (Tues) – July 7th
2**	July 10th – July 21st
3**	July 25th (Tues) – Aug 4th
4	Aug 7th – Aug 18th
5**	Aug 21st – Aug 25th (<i>half session</i>)

**Note
Changes in
Dates
Below:**

Evening Lesson Dates:	
Wednesday	June 28 th
Wednesday	July 5 th
Monday	July 10 th
Wednesday	July 12 th
Monday	July 17 th
Wednesday	July 19 th

**Session 1: Lessons Start Tues 6/27, No lessons Tuesday, July 4th*

***Evening lessons: One-6 lesson session during sessions 1 and 2*

***No Lessons July 24th*

***Session 5 is a half session*

Restrictions

- We offer no formal instruction for children under the age of three.
- Do not register children who are not potty trained or who have a difficult telling someone they need to use the bathroom.
- Only the enrolled swimmer may enter the water at any time during the lesson or practice swim.

ENROLLMENT DATES

***REGISTRATION POLICY REMINDER:** Non-Member families who were enrolled in lessons during Session 4 or 5 in 2016 have currently enrolled status for Session 1, 2017.

Session	Members	Non-Members Currently Enrolled	Non-Members Not Currently Enrolled
1	Wednesday, May 31 st 6:00-7:30pm	Saturday, June 3 rd 8:30 AM	Saturday, June 10 th 8:30 AM
2	Wednesday, July 5 th 8:30 AM	Thursday, July 6 th 8:30 AM	Friday, July 7 th 8:30 AM
3	Wednesday, July 19 th 8:30 AM	Thursday, July 20 th 8:30 AM	Friday, July 21 st 8:30 AM
4	Wednesday, August 2 nd 8:30 AM	Thursday, August 3 rd 8:30 AM	Friday, August 4 th 8:30 AM
5	Wednesday, August 16 th 8:30 AM	Thursday, August 17 th 8:30 AM	Friday, August 18 th 8:30 AM

Cost Per Session

Sessions		Morning Lessons		Evening Lessons (sessions 1-2)	
		Members	Non Members	Members	Non Members
1	<i>8 day session</i>	\$40	\$67.50	\$37.50	\$52.50
2 & 4	<i>10 day session</i>	\$50	\$75		
3	<i>9 day session</i>	\$45	\$60		
5	<i>5 day session</i>	\$25	\$37.50		

Class Levels

The Class Levels at Wedgwood Pool are based on age and skill level. The skills we expect a swimmer to be able to perform in order to complete a particular swim level at Wedgwood are listed in the table entitled *Description of Skills by Class*. This information can assist you in determining which class is the most suitable for your child. It is important for your child to be placed in a class that will address his/her needs and support the development of specific skills. Additionally, flexibility to move a swimmer to a different level once the session has begun is limited. For these reasons, if you are at all unsure about your child's skill level or need help determining an appropriate class, we highly recommend that you bring them in for a brief, complimentary swim test (conducted by one of our instructors) during our normal hours of operation.

Class Level	Class Size - Morning	Class Size - Evening
Preschool I, II, III (3-5 yr.)	5	4
Floater (Over 5yrs)	5	4
Beginner I	6	5
Beginner II	6	N/A
Advanced Beginner	6	N/A
Intermediate I, II	8	N/A
Swimmer	8	N/A

Due to limited staff and pool space it is not possible to offer all class levels at all class times.

Unsure about your child's current swimming abilities? Please stop by **Wedgwood Pool** for a brief, **complimentary swim test.**

We are located at **7727 28th Ave. NE** just above (east) Dahl Field.

Drop in from 4:30-6:30 PM until school is out, then 2-8 PM through the summer.

Check **www.wwpool.org** or call (206) 523-8211 for more information.

DESCRIPTION OF CLASS GOALS: LIST OF SKILLS CHILD NEEDS TO PASS OUT OF THE CLASS

<p style="text-align: center;"><u>PRESCHOOL I (3-5 yr.)</u></p> <ul style="list-style-type: none"> • Comfortable in water • Horizontal position, front (asst.) • Horizontal position, back (asst.) • Bobs, 5 in shallow water • Kicking on front • Kicking on back • Face float • Deep-water exposure, 4 ft. 	<p style="text-align: center;"><u>PRESCHOOL II (3-5 yr.)</u></p> <ul style="list-style-type: none"> • Face float, 10 count * • Back float * • Float and kick, front, 10 ft. • Float and kick, back 10 ft. • Bobbing * • Crawl stroke, head down, no breathing • Sit dive • Rhythmic breathing • Deep-water exposure, 12 ft. <p>(* in 3 feet)</p>
<p style="text-align: center;"><u>PRESCHOOL III (3-5 yr.)</u></p> <ul style="list-style-type: none"> • Crawl stroke, no breathing, good form, 10 ft. • Crawl stroke, some side breathing • Backstroke, 10 ft. • Back float, 15 seconds • Change positions, back to crawl • Jump into deep water, 12 ft. • Kick with kick board, 25 ft. • Wing and kick on back, 10 ft. • Sit dive 	<p style="text-align: center;"><u>FLOATER</u> <u>(equivalent of Preschool I, II, and III for swimmers Over 5)</u></p> <ul style="list-style-type: none"> • Comfortable in water • Face in water, 10 count • Face float in 3 ft., 10 seconds • Back float in 3 ft. • Crawl stroke, no breathing, 15 ft. • Kick across pool with kick board • Wing & kick on back across pool • Crawl stroke, some side breathing • Deep-water exposure, 12 ft. • Beginning rhythmic breathing
<p style="text-align: center;"><u>BEGINNER I</u></p> <ul style="list-style-type: none"> • Crawl stroke, good form • Backstroke, good form, 25 ft. • Back float, 30 seconds • Rhythmic breathing to the side, 10 times • Crawl stroke, some side breathing, across pool • Kick width of pool w/ kick board • Wing and kick on back, 25 ft. • Beginning dive 	<p style="text-align: center;"><u>BEGINNER II</u></p> <ul style="list-style-type: none"> • Crawl stroke, side breathing, width of the pool, good form • Backstroke, width of pool, good form • Wing and kick on back, 25 yd. • Back float, 45 seconds • Combined, back to crawl • Kick, 25 yd. w/ kick board • Dive into deep water • Tread water, proper coordination
<p style="text-align: center;"><u>ADVANCED BEGINNER</u></p> <ul style="list-style-type: none"> • Crawl stroke, side breathing, 25 yd., good form • Backstroke, 25 yd., good form • Elementary backstroke, 25 yd. • Beginning breaststroke • Breaststroke kick • Back float, 1 min. • Tread water 1 min. • Dive, good form • Bobbing in deep water, 10 times • Under water swimming 	<p style="text-align: center;"><u>INTERMEDIATE I</u></p> <ul style="list-style-type: none"> • Crawl stroke, side breathing, 50 yards, good form • Backstroke, 50 yd., good form • Back float, 2 min. • Breaststroke, proper coordination • Elementary backstroke, 50 yd. • Tread water, 2 min. • Dive, good form • Bobbing in deep water, 20 times • Underwater swimming across pool
<p style="text-align: center;"><u>INTERMEDIATE II</u></p> <ul style="list-style-type: none"> • Crawl stroke, good form, 75 yd. • Backstroke, good form, 50 yd. • Back float, 5 min. • Breaststroke, good form, 25 yd. • Introduction to sidestroke • Introduction to butterfly • Tread water, 3 min. • Dive, good form, from board • Introduction to turns; Combined skills 	<p style="text-align: center;"><u>SWIMMER</u></p> <ul style="list-style-type: none"> • Crawl stroke, good form, 100 yd. • Backstroke, good form, 50 yd. • Back float, 5 min. • Breaststroke, good form, 50 yd. • Sidestroke, good form, 25 yd. • Butterfly, proper coordination • Tread water, 5 min. • Dive, good form, from board; Turns, proper coordination • Underwater swimming, 25 ft.

Registration Policies and Procedures

1. Payment is required at the time of registration (Cash, Check or Credit).
2. Families may ONLY register on their designated day, according to membership and enrollment status.
3. You may register the child(ren) of ONE other family, as long as it is each family's appropriate registration day (see *Registration Priority and Enrollment Dates*).
4. Sharing sessions will not be permitted.
5. NO REFUNDS, except in the cases of prolonged illness or injury (with a doctor's note).
6. At the time of registration, you may enroll for morning or evening classes, depending on availability, regardless of what you took the session(s) before. No Evening Lesson spots will be held for previous students.

Registration Priority

1. Members of Wedgwood Swim Pool
2. Non-members who are currently enrolled in lessons at the time of registration *
3. Non-members who are not currently enrolled in lessons at the time of registration

For example, a family taking lessons during session 2 may register for session 3 as a **Currently Enrolled Non-Member**. However, a family who took lessons during session 1, but did not take lessons during session 2, must register for session 3 as a **Non-Member Not Currently Enrolled**.

***REGISTRATION POLICY REMINDER:** Non-Member families who were enrolled in lessons during session 4 or 5, 2016 have currently enrolled status for session 1 this year.

If you cannot be there to register in person on the enrollment date and time, three options are available to you:

1. You may send your class preferences, information (including child's name, age, address, and phone), and payment with another family, so long as they are registering no more than their children plus those of ONE other family. (Please see Registration Policies and Procedures #3.)
2. You may attempt to register AFTER the specified time and date. Please be aware that the Lesson Coordinator may not be there to process your request and that availability of lesson times and levels may be limited.
3. You may give your class preferences and information (including child's name, age, address, and phone) to the Lesson Coordinator BEFORE the specified time and date. These requests will be processed at 12:00 noon of that registration date. Please be aware that availability of lesson times and levels may be limited.

If you wish to attend only one week of a session, you have two options:

1. You may purchase the session at full cost on the specified registration time and date and only attend one week.
2. Any space not yet filled *by the first Monday of the session* may be sold at a prorated cost. Please call or come to the office for this information.

Private/Semi-Private Lessons

Private/Semi-Private Lessons are ideal for families who cannot make the times or dates of Morning or Evening Lessons, individuals seeking more individualized instruction, and adults. Times and dates of lessons vary, and are scheduled directly with the instructor, based on instructor availability, between the hours of 1 and 7pm.

To sign up for private/semi-private lessons: E-mail the lesson coordinator at: wwlessoncoordinator@gmail.com. The lesson coordinator will connect you with an instructor to schedule lessons with.

Please note:

- You are not scheduled for a lesson until you have spoken directly with an instructor.
- Practice swim is not available for swimmer(s) enrolled in Private/Semi-Private Lessons
- Only the enrolled swimmer(s) may enter the water at any time.
- Private lessons are flexible and not based on a set time/date.

Cost Per Private/Semi-Private Lesson

Price varies depending upon the instructor's level of experience. The ranges are listed below, the individual instructor will be able to tell you their price.

Private = 1 swimmer Semi-Private = 2 swimmers

	Member Private	Member Semi-Private	Non Member Private	Non-Member Semi-Private
Price Range:	\$25-\$29	\$38-\$40	\$40-\$44	\$55-59

Parking

We advise you to please park in the parking lot at Dahl Field or along the street next to University Prep. The pool is just a short walk away from these locations. If you do park on the neighboring streets adjacent to the pool, please be courteous and considerate of our neighbors. Do not park illegally, and please do not encroach into driveways. We appreciate your help!