

Name _____ DOB _____ Parent(s) _____

Address _____ City, Zip _____

Phone (D) _____ (N) _____ Email _____

Medical conditions we should be aware of _____

Emergency contact name _____ phone (D) _____ (N) _____

Payment (circle one) Check enc. / Visa / MC / Discover # _____ Exp. Date _____ Amt. _____

As a consideration for being permitted to participate in activities sponsored by the DeKoven Center, and/or using equipment or property of said establishment, each such participant and user agrees to assume all liability for injury and/or damage resulting from such participation or use and further agrees to hold the DeKoven Center free and harmless on account of any act of omission, commission or negligence on the part of the DeKoven Center or any of their officers, agents, or employees.

Detach and mail this form with the class fee to:
The DeKoven Center, 600 21st St. Racine, WI 53403
 Attn.: Greg Peyton

Signature _____
 (Parent or guardian if under 18)

SWIMMING INSTRUCTION CLASS DESCRIPTIONS

American Red Cross Learn to Swim Program—7 lesson course, one lesson per week

ALL STUDENTS **MUST** BE REGISTERED WITH THE OFFICE BEFORE ATTENDING CLASS.

Please call for class availability. After the class start date, class fees are non-refundable. Class dates and times are subject to change.

Parent/Child Level 1 (6 mo. - 3 years)

• **Sat. 9:00-9:45 am** 1/14-2/25
 Safely entering/exiting & comfort in the water; submerging & breath control; assisted floating, kicking, and underwater exploration will be introduced. Parents learn to support child in water, selecting/fitting a life jacket. An adult must accompany the child in the water.

Parent/Child Level 2 (6 mo. - 3 years)

• **Sat. 9:00-9:45 pm** 1/14-2/25
 More ways to safely enter/exit water; front & back assisted gliding, bobbing; combined stroke will be introduced. An adult must accompany the child in the water.

Preschool Level 1 (3 to 5 year olds)

• **Sat. 9:45-10:30 am** 1/14-2/25
 Introduction of more basic skills: entering water independently, submerging mouth/blowing bubbles, front gliding/rolling to back/recovery to vertical, basic strokes and safe exiting.

Preschool Level 2 (3 to 5 year olds)

• **Tue. 4:00-4:45 pm** 1/10-2/21
 • **Sat. 10:30-11:15 am** 1/14-2/25
 Students will work on unassisted front/back gliding, rolling to front/back, recovery to vertical, swimming on front and back.

Learn to Swim Level 1

• **Tue. 4:50-5:35 pm** 1/10-2/21
 • **Wed. 4:00-4:45 pm** 1/11-2/22
 For **non-swimmers over 5**. Water acclimation, safely entering and exiting, bobbing & retrieving submerged objects, supported front and back gliding, floating & rolling with recovery to vertical position, combined stroke are covered.

Learn to Swim Level 2

• **Wed. 4:50-5:35 pm** 1/11-2/22
 • **Thurs. 4:00-4:45 pm** 1/12-2/23
 • **Sat. 11:15am-noon** 1/14-2/25
 Beginner skills will be strengthened along with the introduction of new skills. Moving to front/back float, rolling & recovery to vertical position; pushing off & swimming using combined stroke.

Learn to Swim Level 3

• **Mon. 4:00-4:45 pm** 1/9-2/27
 • **Wed. 5:40-6:25 pm** 1/11-2/22
 • **Thurs. 4:50-5:35 pm** 1/12-2/23
 Course includes introduction of rotary breathing, jumping into deep water, front crawl, back crawl, kneeling dive, deep water safety and strengthening primary skills & endurance.

Learn to Swim Level 4

• **Mon. 4:50-5:35 pm** 1/9-2/27
 • **Tue. 5:40-6:25 pm** 1/10-2/21
 Stroke refinement is emphasized along with the introduction of the butterfly, swimming the front crawl, elementary backstroke, breaststroke, back crawl, open turns on front & back.

Learn to Swim Levels 5 & 6

• **Mon. 5:40-6:25 pm** 1/9-2/27
 All strokes will be refined and more advanced skills introduced. **Level 5:** swimming front crawl, elementary backstroke, breaststroke & back crawl; knee diving in deeper water. **Level 6: Fitness Swimmer.** Swimming chosen strokes to required distances; demonstrate turns while swimming, various training techniques, and performing the Cooper 12 minute swim test.

Private (1 student) & Semi-Private (2 students) Lessons

Scheduled individually after the group lessons fill. Please call for available dates and times. Private & Semi-private lessons are 30 minutes in length.

The Gym & Pool will be closed Monday, January 16 in observance of Dr. Martin Luther King, Jr. Day.

Group Lesson Fees

Individual.....\$70
 Each additional Family Member.....\$60

Private Lesson Fees

Private (1 student).....\$20 per half hour
 Semi-Private (2 students).....\$30 per half hour



600 21st St.
Racine, WI 53403

Wisconsin Ave.
at 21st St.
On Lake Michigan

AQUATIC PROGRAMS



EXERCISE CLASS SCHEDULE

Water exercise classes are \$5 per class or \$40 per month for a pass for all DeKoven-sponsored programs. (Excludes Family Swim & Senior Swim)

Moderate-Impact Aquacise
Mon. through Fri. at 8:30 am
Mon., Wed., Fri. at 9:30 am

Water Walking
Tues. & Thurs. at 9:30 am

Tues. & Thurs. 10:30 aquacise is sponsored by the Racine Park & Recreation Dept., and is led by Ellie Suwalski. Cash only-no passes

Land exercise classes are \$4 a class or \$30 per month for a pass.

Movin' in the Morning
with Cindy Chitko
in the Assembly Hall
Mon., & Wed. at 8:00 am

Rental Rates for Private Parties
Pool: \$70 per hour
Party Room: \$50 per use
Gym: \$35 per hr.
Gym Balcony: \$35 per use
Damage deposit required for all rentals.



PUBLIC SWIM TIMES

FAMILY SWIM

\$3 per person
Monday 6:30-8:00 pm
Wednesday 6:30-8:00 pm
Fridays 5:30 - 7:00 pm
Sat. 12:00 - 1:30 pm

Everyone under 18 must be accompanied by an adult age 21 or older. Limit of 4 minors per adult

SENIOR SWIM

For those 55 & over
\$3 per person (or \$30/month)
Monday, Wednesday & Friday
11:15 am—12:30 pm
10:30—11:15 am Lap Swim

Water Temp.:
Approx. 88 degrees
Pool Depth: 3'2" to 5'6"
Swimsuits Required.
Bring your own towels.
Bring a lock to secure valuables in your locker.

For Additional Information:

The DeKoven Center
(262) 633-6401
www.dekovencenter.org
info@dekovencenter.org