

# Madison Pool - Spring Lessons 2019

13401 Meridian Ave N - 206-684-4979

## Spring 2019 Quarter Registration begins Tuesday, March 5, 2018 at Noon.

Hints on register for swim lessons:

- \* Please read the lesson descriptions and prerequisites carefully to ensure that your child is registered for the correct activity.
- \* Please sign up for activities for the correct age group. Have your child pre-tested if necessary to ensure correct placement.
- \* We encourage participants to sign up for the entire quarter, not just one session at a time.
- \* Cancellations can occur if activities don't meet course minimum registrants.
- \* There is a 10% fee for processing all transfers and withdrawals.
- \* Sorry, we cannot give credits or make-ups for missed classes.

### Parent and Child Aquatics, Ages 6 months - 4 years old

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water, to participate fully in activities, and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games, and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

### Three-Year-Olds

*Start your child learning basic swimming skills and water safety in a small group with other 3-year-olds.*

We introduce children to basic water adjustment, and eventually learn these skills: front and back floats, kicking, arm pulls, and water safety skills. Children must have initial water comfort, and be able to work in the water with an instructor. To ensure safety and quality, we strive for a 3:1 student to instructor ratio.

### Kinder Lessons, Ages 4 & 5 years old

*Seattle Swims Lesson Program prepares and teaches 4 & 5-year-olds the basics in swimming for lifetime aquatic safety and enjoyment.*

Children will begin with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Crawl Stroke with bilateral breathing, whip kick, treading water and water safety skills. We group children by ability levels on the first day of class. To ensure safety and quality, we strive for a 6:1 student to instructor ratio.

### Beginning Swimmer, Ages 6-16-years-old

*Our specially designed Seattle Swims Lesson Program puts the emphasis on safety, fitness, and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice, and instructor feedback.*

We group children by ability on the first day of class to provide the best opportunity for your child's success.

**Floating, Gliding, and Kicking:** Children get comfortable putting their face in the water and practice front, side, and back floating, gliding, and kicking. These skills provide the foundation for all other swimming strokes.

**Arm Strokes:** Mastering the Crawl Stroke requires learning to roll from front to back while performing arm strokes. Once mastered we begin teaching side breathing. Students also work on strengthening kicking, proper body alignment, treading water, and deep water swimming.

**Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing and an introduction to whip kick are skills taught at this level.

To ensure safety and quality, we strive for an 8:1 student to instructor ratio.

### Advanced Swimmer, Ages 6-16-years-old

*Swimmers who have received a card indicating they have mastered "Beginning Swimmer" may sign up for "Advanced Swimmer" activities. Instructors will introduce and guide swimmers through other strokes while continuing to teach safety, fitness, and skill proficiency.*

**Prerequisite:** Students must pass Beginning Swimmer, feel comfortable in deep water and able to swim at least 15 yards without stopping while demonstrating front crawl stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginner Swimmer if there is room in an activity.

**Learning new strokes:** Elementary Backstroke, Backstroke, Breaststroke, and Butterfly, plus continued practice swimming crawl stroke.

**Increasing Endurance and Proficiency:** Increased distances and refinement of previous strokes along with sidestroke taught.

**Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes, plus safety and basic rescue techniques.

To ensure safety and quality, we strive for a 8:1 student to instructor ratio.



### Swimming Scholarship Fund!

As part of the ongoing commitment to water safety awareness and injury prevention, Seattle Parks and Recreation has received generous donations from Seattle Children's Hospital. These contributions allow for supplemental scholarship funding in addition to our existing low income scholarship offerings for youth group swim lessons. Please contact your local pool for more information and to receive a Low-Income Scholarship application. Funding is limited to one activity per quarter. Approved scholarships may be used for any of the following group swimming activities: Parent and Child Aquatics, Three-Year-Olds, Kinder Lessons, Beginning Swimmer, Advanced Swimmer, and Swim Team Prep.



Helene Madison Pool will be CLOSED for a Capital Improvement Project, May 20 - October 6, 2019

## Madison Pool - Spring Lessons 2019

**13401 Meridian Ave N - 206-684-4979**

**Please apply for your June 2019-June 2020 Scholarship now**

Class	Session	Days	Times	Dates	#Classes	Cost	Activity #		
<b>Parent &amp; Child Aquatics PACA</b> Ages 6 mos.- 4 yrs.	1	Monday	1-1:30 p.m.	4/1-5/13	7	\$56.00	18576		
		Monday	5:30-6 p.m.	4/1-5/13	7	\$56.00	18569		
		Wednesday	5:30-6 p.m.	4/3-5/15	7	\$56.00	18573		
		Sunday	10-10:30 a.m.	4/7-5/19	7	\$56.00	18575		
<b>3 Year Olds</b> Ages 3 yrs.	1	Monday	5:30-6 p.m.	4/1-5/13	7	\$98.00	18604		
		Tuesday	5:30-6 p.m.	4/2-5/14	7	\$98.00	18606		
		Wednesday	1-1:30 p.m.	4/3-5/15	7	\$98.00	18609		
		Wednesday	5:30-6 p.m.	4/3-5/15	7	\$98.00	18615		
		Thursday	5:30-6 p.m.	4/4-5/16	7	\$98.00	18620		
		Friday	4:30-5 p.m.	4/5-5/17	7	\$98.00	18624		
		Sunday	10-10:30 a.m.	4/7-5/19	7	\$98.00	18627		
		Sunday	2:00-2:30 p.m.	4/7-5/19	7	\$98.00	18629		
		<b>Kinders</b> Ages 4 & 5 yrs.	1	Monday	5:30-6 p.m.	4/1-5/13	7	\$70.00	18544
				Monday	6-6:30 p.m.	4/1-5/13	7	\$70.00	18541
Monday	6:30-7 p.m.			4/1-5/13	7	\$70.00	18534		
Tuesday	2-2:30 p.m.			4/2-5/14	7	\$70.00	18547		
Tuesday	5:30-6 p.m.			4/2-5/14	7	\$70.00	18549		
Wednesday	5:30-6 p.m.			4/3-5/15	7	\$70.00	18551		
Wednesday	6-6:30 p.m.			4/3-5/15	7	\$70.00	18553		
Wednesday	6:30-7 p.m.			4/3-5/15	7	\$70.00	18555		
Thursday	5:30-6 p.m.			4/4-5/16	7	\$70.00	18557		
Friday	5-5:30 p.m.			4/5-5/17	7	\$70.00	18559		
Sunday	10:30-11 a.m.			4/7-5/19	7	\$70.00	18563		
Sunday	2-2:30 p.m.			4/7-5/19	7	\$70.00	18565		
Sunday	2:30-3 p.m.			4/7-5/19	7	\$70.00	18567		
<b>Class</b>	<b>Session</b>			<b>Days</b>	<b>Times</b>	<b>Dates</b>	<b>#Classes</b>	<b>Cost</b>	<b>Activity #</b>
<b>Beg. Swimmer</b> Ages 6 – 16 yrs.	1	Monday	6:30-7 p.m.	4/1-5/13	7	\$56.00	18298		
		Monday	7-7:30 p.m.	4/1-5/13	7	\$56.00	18299		
		Tuesday	5-5:30 p.m.	4/2-5/14	7	\$56.00	18307		
		Tuesday	6-6:30 p.m.	4/2-5/14	7	\$56.00	18309		
		Wednesday	6:30-7 p.m.	4/3-5/15	7	\$56.00	18316		
		Wednesday	7-7:30 p.m.	4/3-5/15	7	\$56.00	18314		
		Thursday	2-2:30 p.m.	4/4-5/16	7	\$56.00	18319		
		Thursday	5-5:30 p.m.	4/4-5/16	7	\$56.00	18329		
		Thursday	6-6:30 p.m.	4/4-5/16	7	\$56.00	18331		
		Friday	5:30-6 p.m.	4/5-5/17	7	\$56.00	18333		
		Sunday	11:30 a.m. - Noon	4/7-5/19	7	\$56.00	18486		
		Sunday	1:30-2 p.m.	4/7-5/19	7	\$56.00	18488		
		Sunday	2:30-3 p.m.	4/7-5/19	7	\$56.00	18492		
		<b>Adv. Swimmer</b> Ages 6 – 16 yrs. 25 yards of crawl stroke with good side breathing & a good Breaststroke kick required.	1	Monday	7-7:30 p.m.	4/1-5/13	7	\$56.00	18269
Tuesday	6-6:30 p.m.			4/2-5/14	7	\$56.00	18273		
Wednesday	7-7:30 p.m.			4/3-5/15	7	\$56.00	18274		
Thursday	2-2:30 p.m.			4/4-5/16	7	\$56.00	18322		
Thursday	6-6:30 p.m.			4/4-5/16	7	\$56.00	18276		
Sunday	11-11:30 a.m.			4/7-5/19	7	\$56.00	18280		
Sunday	1:30-2 p.m.			4/7-5/19	7	\$56.00	18281		
<b>Swim Team Prep</b>	1	Monday	7-7:30 p.m.	4/1-5/13	7	\$56.00	18591		
		Wednesday	7-7:30 p.m.	4/3-5/15	7	\$56.00	18593		
<b>Diving</b>	1	Sunday	1:30-2:00 p.m.	4/7-5/16	7	\$56.00	18520		
<b>Adult Lessons</b> Ages 16 yrs. & up	1	Tuesday	6:30-7 p.m.	4/2-5/14	7	\$56.00	18265		
		Thursday	6:30-7 p.m.	4/4-5/16	7	\$56.00	18267		
<b>Class</b>	<b>Session</b>	<b>Days</b>	<b>Times</b>	<b>Dates</b>	<b>#Classes</b>	<b>Cost</b>	<b>Activity #</b>		
<b>Special Populations</b> Ages 6-16 yrs.	1	Monday	5-5:30 p.m.	4/1-5/13	7	\$56.00	18581		
		Tuesday	6:30-7:00 p.m.	4/2-5/14	7	\$56.00	18583		
		Wednesday	5-5:30 p.m.	4/3-5/15	7	\$56.00	18585		
		Thursday	6:30-7:00 p.m.	4/4-5/16	7	\$56.00	18587		
		Friday	5-5:30 p.m.	4/5-5/17	7	\$56.00	18589		
		Sunday	11-11:30 a.m.	4/7-5/19	7	\$56.00	18578		
<b>Adult Special Populations</b> Ages 17 and older	1	Tuesday	2:30-3 p.m.	4/2-5/14	7	\$56.00	18259		
		Wednesday	5-5:30 p.m.	4/3-5/15	7	\$56.00	18261		
		Friday	4:30-5 p.m.	4/5-5/17	7	\$56.00	18263		
<b>Special Population Lessons</b>	Small group lessons for persons with cognitive, developmental, or physical special needs. We maintain a ratio of 2:1 or 1:1 depending on space, ability, and need. Please call for availability and to be waitlisted as necessary.								

**Please apply for your June 2019-June 2020 Scholarship now**

Helene Madison Pool will be CLOSED for a Capital Improvement Project, May 20 - October 6, 2019