

# 2024

## West Salem School District Swimming Lessons

There will be three sessions of swimming lessons offered, including some evening lesson times! Swimming lessons will be offered **June 3-14, June 17-28, and July 8-19** and are free for school district residents (\$40 for non-residents). **There will be no busing offered during swimming lessons. Parents are responsible for transportation to and from lessons. If your child goes to the Boys & Girls Club, please check your email to look for a message from the BGC or our [FAQ page](#) for more information on transportation.**

### June 3 - 14 Lesson Offerings

|                |                       |
|----------------|-----------------------|
| 8:00-8:45      | Levels 1, 2 & 3       |
| 9:00-9:45      | Levels 1, 2, 3 & 4    |
| 10:00-10:45    | Levels 1, 2, 3, 4 & 5 |
| 11:00-11:45    | Levels 1, 2, 3, 4 & 5 |
| 12:00-12:45    | Levels 1, 2, 3, 6 & 7 |
| 6:40pm -7:20pm | Levels 1, 2, 3 & 4    |
| 7:30pm-8:10pm  | Levels 4, 5, 6 & 7    |

### June 17 - 28 Lesson Offerings

|                |                                           |
|----------------|-------------------------------------------|
| 8:00-8:45      | Levels 1, 2 & 3                           |
| 9:00-9:45      | Levels 1, 2, 3 & 4 & GuardStart (1.5 hrs) |
| 10:00-10:45    | Levels 1, 2, 3, 4 & 5                     |
| 11:00-11:45    | Levels 1, 2, 3, 4 & 5                     |
| 12:00-12:45    | Levels 1, 2, 3, 6 & 7                     |
| 6:40pm -7:20pm | Levels 1, 2, 3 & 4                        |
| 7:30pm-8:10pm  | Levels 4, 5, 6 & 7                        |

### July 8 - 19 Lesson Offerings

#### **Overlaps with Summer School Classes**

|             |                       |
|-------------|-----------------------|
| 8:00-8:45   | Levels 5, 6 & 7       |
| 9:00-9:45   | Levels 1, 2, 3 & 4    |
| 10:00-10:45 | Levels 1, 2, 3, 4 & 5 |
| 11:00-11:45 | Levels 1, 2, 3, 4 & 5 |
| 12:00-12:45 | Levels 1, 2, 3, 6 & 7 |

### **Information Only**

**Skippers program:** (students below kindergarten) July 22 - July 26. Register in person at the pool or by calling 608-786-5309 after June 3.

**Lifeguard program:** Offered based on interest - Inquire at the pool or at 608-786-5309 after June 3.

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## **General Class Information**

- ❖ Swimming lessons take place at the West Salem Swarthout Pool, located on Hamlin Street, next to the West Salem High School and District Office.
- ❖ Swimming lessons are 45 minutes long each day (with the exception of Guard Start, which is 1.5 hours).
- ❖ Students need to bring a towel from home each day.
- ❖ In case of poor weather, call the pool to check for lesson cancellation at (608) 786-5309
- ❖ Swimming lessons are for students **who have just completed 4K-11<sup>th</sup> grade**.

### **Registration Information**

- ❖ Registration opens April 1 [at this link](#) and is first-come, first-served. If you are unable to register online, you can request a paper registration form by emailing [wspool@wsalem.k12.wi.us](mailto:wspool@wsalem.k12.wi.us)
- ❖ Scheduling is done on a first-come, first-served basis.
- ❖ Due to a large number of students, students may only take **one session** of swimming lessons during the summer.

### **Swimming Class Descriptions**

Swimming lessons will be offered through the West Salem School District's Summer Swimming Program. Lessons take place at the Swarthout Pool on Hamlin Street, located next to West Salem High School and the District Office. This program is for students who have just completed 4K through Grade 11. The lessons are 45 minutes each day.

**If your child has had swimming lessons at the West Salem pool before, the last level passed will determine this year's swim level.** Email [wspool@wsalem.k12.wi.us](mailto:wspool@wsalem.k12.wi.us) if you cannot remember your child's last level passed. If your child has not had lessons in West Salem, choose the level that best describes their swimming ability and current age based on the class descriptions below.

**Level 1 – Water Exploration, age 4-7 (must have completed 4k):** (Non-Swimmer) This level is an orientation to the aquatic environment. The goal is to create a sound foundation for aquatic and safety skills, practice supported floating, kicking, and arm action on front and back, as well as learning water safety rules and how to get help in an emergency.

**Level 2 – Primary Skills, age 6-8:** (Beginner) This level expands on fundamental aquatic locomotion and safety skills. Swimmers practice floating and kicking on front and back, turning over front to back and back to front, and learning basic front crawl and back crawl. *Prerequisite: Pass Level 1 – Water Exploration.*

**Level 3 – Stroke Readiness, age 7-10:** (Advanced Beginner) This level increases swimming skill competency. Swimmers will begin to refine front crawl and back crawl as well as learn rotary breathing, the fundamentals of elementary backstroke, treading water, and kneeling dives. *Prerequisite: Pass Level 2 – Primary Skills.*

**Level 4 – Stroke Development, age 8-11:** (Intermediate) The goal of this level is to develop confidence and competency in strokes and safety skills beyond the preceding levels. Swimmers will continue to refine previous strokes and be introduced to breaststroke and sidestroke, deep-water bobbing, and standing dives from the side of the pool. *Prerequisite: Pass level 3 – Stroke Readiness.*

**Level 5 – Stroke Refinement, age 9-12:** (Swimmer) Swimmers will continue refinement of front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke. They will also be introduced to the butterfly, surface dives, and springboard diving. *Prerequisite: Pass Level 4 – Stroke Development.*

**Level 6 – Skill Proficiency, age 10-13:** (Advanced Swimmer) The goal of this level is to develop maximum efficiency and endurance for strokes. Swimmers will be introduced to flip turns, approach, and hurdle on the diving board, tuck and pike surface dives, and alternating kicks for treading water. *Prerequisite: Pass level 5 – Stroke refinement.*

**Level 7 – Advanced Skills, age 11-14:** (Advanced Swimmer) The goal of this level is to encourage lifetime fitness and a fondness for swimming. Swimmers will refine strokes learned in previous levels, develop springboard diving skills, and increase endurance. *Prerequisite: Pass level 6 – Skill Proficiency.*

**GuardStart (June 17-28 only), age 11-14:** GuardStart is designed to prepare 11 to 14-year-olds to take American Red Cross Lifeguarding certification programs and for future work as lifeguards. The GuardStart program helps participants build a foundation of knowledge, attitudes, and skills needed to be responsible lifeguards. *Pre-requisites: Passed Level 7 – Advanced Skills.*

**Life Guarding (offered upon interest, dates to be determined):** (Ages 15 ½ to adult) Good strokes and quarter mile swimming ability required. Participants will be certified in Standard First Aid through the Red Cross during this course. Lifeguarding is provided through the pool. The cost is estimated at \$30.00 for books. Participants should purchase goggles for the course. Classes will only be scheduled if enough people are interested. **REGISTRATION FOR THIS CLASS IS DONE THROUGH THE POOL DIRECTLY - PLEASE STOP BY OR CALL THE POOL AT 608-786-5309 AFTER JUNE 3.**

**Skippers – (July 22 - 26 Only):** This is a preschool class that works at two different levels - water adjustment skills (ages 3 and under) and beginner swim skills (ages 3 and up). Students who have completed kindergarten are not eligible to sign up. **REGISTRATION FOR THIS CLASS IS DONE THROUGH THE POOL DIRECTLY - PLEASE STOP BY OR CALL THE POOL AT 786-5309 AFTER JUNE 3.**

# SWIMMING LESSON REGISTRATION INSTRUCTIONS - Beginning April 1

Go to [www.signupgenius.com](http://www.signupgenius.com)

- Either log in or create a sign-up (for this portion, please use your own e-mail address and password. This is your personal account)
- Click the search icon on the top right-hand side and search for a sign-up by sign-up creator's email. Enter email [wspool@wsalem.k12.wi.us](mailto:wspool@wsalem.k12.wi.us). Once the email is entered, a page will display the swimming lesson sign-up. Please click on the link to find the list of available lessons. Then go to Step 2.

The screenshot shows the SignUpGenius website. The header is orange with the SignUpGenius logo and navigation links: Features, Pricing, More, Create a Sign Up, Log In, and a search icon. The main content area has a white background with the heading "Our mind reading device is on the fritz again..." and a subtext "Are you searching for a sign up? Or looking for site resources?". There are two search sections. The left section is titled "Search for a Sign Up" and includes a text input field with the email "wspool@wsalem.k12.wi.us", a checkbox for "I'm not a robot", a reCAPTCHA logo, and an orange "Search" button. Below the button is a link "... or log in to view your invites". The right section is titled "Search Site Resources" and includes a text input field and an orange "Search" button. In the center of the page is a man wearing a suit and tie, with a futuristic mind-reading device on his head.

2- Read the important information regarding swimming lessons. When ready to register for a lesson, scroll down and find the session you want. Then find the level and time. Slots are limited to 10 participants. Once a slot is full, you will not be able to select that time.

To sign up for a lesson, click on the blue "sign up" button on the right-hand side.

| Date                 | Location    | Time          | Available Slot                           |
|----------------------|-------------|---------------|------------------------------------------|
| 06/03/2024<br>Monday | June 3 - 14 | 8:00am-8:45am | Level 1<br>10 slots available<br>Sign Up |
|                      |             |               | Level 2<br>10 slots available<br>Sign Up |
|                      |             |               | Level 3<br>10 slots available<br>Sign Up |
|                      |             | 9:00am-9:45am | Level 1<br>10 slots available<br>Sign Up |
|                      |             |               | Level 2<br>10 slots available<br>Sign Up |

3. Once you make your selection and submit, you'll be asked to fill out the following required information:

[← Back to 2024 West Salem Swim Lessons](#)

# Sign Me Up

Sign me up for:

| Available Slot | Date (mm/dd/yyyy - MST)          | Student Name         | Quantity |
|----------------|----------------------------------|----------------------|----------|
| Level 1        | Mon., 06/17/2024 8:00am - 8:45am | <input type="text"/> | 1 ▾      |

Name

Email

Already have a SignUpGenius account? Login

Address 1

Address 2 (Optional)

City

State/Zip Code

Select State/Province ▾

Country (Optional)

Select Country ▾

Phone

Mobile ▾

☐ Save my contact info for use on future sign ups

Once done entering the information needed, click on the Sign Up Now button.

It will inform you if you have successfully signed up.

If, for any reason, you wish to edit or delete your sign-up, please click on the edit or delete symbol under your child's name on the sign-up form.

