

All children should be re-evaluated or call Cindy at (414) 531-SWIM if you were not registered during the last 4 months. Participation in a particular skill level does not guarantee passing into the next level. Practice is strongly encouraged.

Class & Requirement Description

Parent /Child Level 1

Familiarize children between the ages of 6 months and 3 ½ years of age with the water and teach swimming readiness. Provide safety information for parents and teach techniques parents can use to orient their children to the water. Parent must accompany every child to each class in the water.

Parent/Child Level 2

Improve skills learned in Parent & Child Level 1 and teach more advanced skills Continue to build on water safety knowledge. Child must have reached a comfort level with skills. Parent must accompany every child to each class in the water.

Preschool Aquatics Level 1

Familiarize children between the ages of 3 ½ and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills. Help participants begin to develop positive attitudes and safe practices in and around the water. Child must be at least 3 ½ years old by the first day of class.

Preschool Aquatics Level 2

Build on and improve skills learned in Preschool Aquatics Level 1. Increase knowledge of water safety topics introduced in Preschool Aquatics Level 1. Must have successful demonstration of all Preschool exit skills assessment prior to this level. Enter independently, using either the steps or side of pool, travel at least 5 yards, submerge mouth and blow bubbles for at least 3 seconds, then safely exit the water. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position. Using alternation arm and leg action swim 2 body lengths on front and back. Using simultaneous leg and arm action swim 2 body lengths on front and back.

Preschool Aquatics Level 3

Increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Level 2. Successful demonstration of the Preschool Aquatics Level 2 skills assessment. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths. Upon completion a skill assessment will be made as to which School Age level the child should be placed.

School Age Level 1

Orient participants ages 6 years and up to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around the water. Participants must be at least 6 years old.

School Age Level 2

Build on the basic aquatic skills and water safety skills and concepts learned in Level 1 Successful demonstration of the School Age Level 2 exit skills assessment. Enter independently, using either steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. Alternating leg and arm action on front and back for 2 body lengths Simultaneous arm and leg action on front and back for 2 body lengths.

School Age Level 3

Build on the basic aquatic skills and water safety skills and concepts learned in Level 1 Successful demonstration of the School Age Level 2 exit skills assessment. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and /or back for at least 5 body lengths, then exit the water. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

School Age Level 4

Improve participant proficiency in performing the swimming strokes that were introduced in Level 3, successful demonstration of Level 3 exit skills assessment. Perform front crawl with breathing, back crawl with bent elbow push, sidestroke, elementary back, and whip kick on stomach as in breaststroke. Jump into deep water from the side, recover to the surface, maintain position by treading for 1 minute, rotate on full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and or elementary backstroke for 25 yards, then exit the water. Push off in a streamlined position, the swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, the exit the water.

School Age Level 5

Help participants refine their performance of all six swimming strokes previously listed. Successful demonstration of the School Age Level 4 exit skills assessment. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water Swim 25 yards butterfly, side-stroke, front crawl, back crawl, breaststroke and elementary back.

School Age Level 6 (Swimming and skill proficiency, Personal water safety, fundamentals of diving, and fitness swimmer)

Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Teach participants how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self-rescue techniques. Teach fundamental diving skills. Successful demonstration of School Age Level 5 exit skills assessment. Swim 25 yards butterfly, sidestroke, front crawl, back crawl, breaststroke and elementary back. Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, the swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Special Needs-All ages

This class provides children with special concerns swimming skills to meet their special circumstances with a parent. Parent must provide all locker room care and in pool water assistance. Instructor will teach parents the skills to assist their child.

Teen/Adult Swim Learning the Basics

Help participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Must be at least 13 years old to participate.

Swim Lessons

*** All Swim Lessons Take Place At Glen Hills Middle School ***

Level	Date	Day	Time	Program#
School Age Level 1, 2	November 10 - December 22 (skip 11/24)	Thursdays	3:05 - 4:05pm	115010-23
Preschool Level 1	November 10 - December 22 (skip 11/24)	Thursdays	4:05 - 4:45pm	115010-24
School Age Level 3	November 10 - December 22 (skip 11/24)	Thursdays	4:45 - 5:45pm	115010-25
School Age Level 4, 5, 6	November 10 - December 22 (skip 11/24)	Thursdays	5:45 - 6:45pm	115010-26
Teen/Adult Intermediate	November 10 - December 22 (skip 11/24)	Thursdays	7:45 - 8:45pm	115010-27
Preschool Level 2, 3	November 12 - December 17	Saturdays	9:00 - 9:40am	115010-28
School Age Level 1, 2	November 12 - December 17	Saturdays	9:00 - 10:00am	115010-29
Preschool Level 1	November 12 - December 17	Saturdays	9:40 - 10:20am	115010-30
School Age Level 4,5,6	November 12 - December 17	Saturdays	10:00 - 11:00am	115010-31
School Age Level 3	November 12 - December 17	Saturdays	10:20 - 11:20am	115010-32
Parent/Child I	November 12 - December 17	Saturdays	11:00am - 12noon	115010-33
Parent/Child II	November 12 - December 17	Saturdays	11:20am - 12:20pm	115010-34
Special Needs (all ages)	November 12 - December 17	Saturdays	12:30 - 1:30pm	115010-35
School Age Level 1	November 15 - December 20	Tuesdays	3:05 - 4:05pm	115010-36
School Age Level 3	November 15 - December 20	Tuesdays	4:05 - 5:05pm	115010-37
School Age Level 4, 5, 6	November 15 - December 20	Tuesdays	5:05 - 6:05pm	115010-38
Preschool Level 2,3	November 15 - December 20	Tuesdays	6:05 - 6:45pm	115010-39
Teen/Adult Beginner	November 15 - December 20	Tuesdays	7:30 - 8:15pm	115010-40

Fee:

\$49.00R / \$59.00NR

Questions?

Call Aquatics Coordinator
Cindy Schlidt (414) 531-SWIM

Nicolet Pool

Average Temperature: 80 degrees
Dimensions: 75ft x 30ft
Lanes: 8
Deepest Depth: 13ft (diving well)
Shallowest Depth: 3.6ft

Glen Hills Pool

Average Temperature: 84 degrees
Dimensions: 75ft x 20 ft
Lanes: 6
Deepest Depth: 10 ft
Shallowest Depth: 2.6 ft

Private swim lessons also available.

For more information please call Cindy Schlidt at (414) 531-SWIM.

register with:



Nicolet Recreation Department
6701 N. Jean Nicolet Rd.
Glendale, WI 53217

Phone: (414) 351-7566
Fax: (414) 351-4053
www.nicolet.us



On-line registration: <https://rec.nicolet.k12.wi.us>

Registration Form



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Nicolet Recreation

Household Information: _____ Date: _____ Alumni: _____

Name (person filling out form): _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

E-mail Address: _____

Unless otherwise notified, assume that you are enrolled in the program.

Name	Sex	Birthdate	Grade	Program#	Program Name	Fee

<p>Reduced Fee School Meal Program for Nicolet School District Students For those families who meet the criteria for free school meal program, your child's class fee can be reduced by 50% (supplies and materials excluded). School lists will be used to verify eligibility. "I certify that my child/children is/are eligible for the reduced fee school meal program"</p> <p>Signature _____</p>	<p>Subtotal Fee: _____</p> <p>Less Reduced Fee: _____</p> <p>Total: _____</p>
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Waiver and Release of Claims
 "As a participant/parent/guardian in this program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I/my child may ward or sustain as a result of participating in any and/or all activities connected with or associated with such a program. I agree to waive and relinquish all claims I/my child may ward or may have as a result of participating in this program against the Nicolet Recreation Department/Nicolet High School and its officers, agents, servants and employees. I do hereby fully release and discharge the Nicolet Recreation Department/Nicolet High School and its officers, agents, servants, and employees from any and all claims from injuries, damage or loss which I/my child may ward or may have or which may accrue to me/them on account of my/our participation in this program. I further agree to indemnify and hold harmless and defend the Nicolet Recreation Department/Nicolet High School and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages and losses sustained by me/them and arising out of, connected with, or in any way associated with the activities of this program. I have read and fully understand the above program details and waiver and release of all claims."

For the activities that apply:
 Concussion & Head Injury Disclosure
 "As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By agreeing to this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury."
 For more information go to: http://www.nicolet.k12.wi.us/cms_files/resources/concussion.pdf

Parent Agreement:
 I have read the Parent Concussion and Head Injury Information and understand what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected. I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach. I understand the possible consequences of my child returning to practice/play too soon.

Athlete Agreement:
 I have read the Athlete Concussion and Head Injury Information and understand what a concussion is and how it may be caused. I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian. I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play. I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Cash ___ Check ___ / # ___ made payable to Nicolet Recreation Dept.

Credit Card ___ MasterCard ___ Visa ___ Expiration Date _____

Card number _____ - _____ - _____ - _____

Cardholder Name _____

Signature _____ Date _____

Ways To Register: On-line!, Mail, Fax, Walk-In, Phone, & Drop Box

