

Children must be the age or grade listed by the first day of the program-no exceptions.  
When grade is listed, grade level applies to the 2016-2017 school year.

## AMERICAN RED CROSS LEARN TO SWIM PROGRAM

### LEVEL I-VI 4 YEARS & UP

The American Red Cross Learn to Swim Program is designed to enhance participant’s ability to progress from one level to the next. Water safety skills will be taught at all levels. It is not unusual for a child to repeat a level more than once before passing. Attention span is also a key skill in passing from one level to the next. **Deadline to register for each session is the Thursday prior to the session starting date.** Registration will NOT be accepted at Woodstock Water Works.

8 Classes Min/Max: 6/10

**Location: Woodstock Water Works**  
**Fee: \$75 Resident/\$95 Non-Resident**

### LEVEL II

Success with fundamental skills such as floating without support, using simultaneous and alternating leg and arm actions, introduction to treading water, finning, changing positions from front to back and **water safety skills.**

CLASS	DATES	DAYS	TIME	Program #
Level II	Jun 20-Jun 30	M-Th	8:30-9:10 am	121012A
Level II	Jun 20-Jun 30	M-Th	9:15-9:55 am	121012B
Level II	Jun 20-Jun 30	M-Th	10:00-10:40 am	121012C
Level II	Jun 20-Jun 30	M-Th	7:15-7:55 pm	121012D
Level II	Jul 11-Jul 21	M-Th	8:30-9:10 am	121012E
Level II	Jul 11-Jul 21	M-Th	9:15-9:55 am	121012F
Level II	Jul 11-Jul 21	M-Th	10:00-10:40 am	121012G
Level II	Jul 11-Jul 21	M-Th	7:15-7:55 pm	121012H
Level II	Jul 25-Aug 4	M-Th	8:30-9:10 am	121012J
Level II	Jul 25-Aug 4	M-Th	9:15-9:55 am	121012K
Level II	Jul 25-Aug 4	M-Th	10:00-10:40 am	121012M
Level II	Jul 25-Aug 4	M-Th	7:15-7:55 pm	121012N

### LEVEL I

Feel comfortable in the water and enjoy water safely. Skills include: entering and exiting the water unassisted, blowing bubbles with mouth and nose, floating with support, arm action, kicking and water safety skills.



CLASS	DATES	DAYS	TIME	Program #
Level I	Jun 20-Jun 30	M-Th	8:30-9:10 am	121011A
Level I	Jun 20-Jun 30	M-Th	9:15-9:55 am	121011B
Level I	Jun 20-Jun 30	M-Th	10:00-10:40 am	121011C
Level I	Jun 20-Jun 30	M-Th	7:15-7:55 pm	121011D
Level I	Jul 11-Jul 21	M-Th	8:30-9:10 am	121011E
Level I	Jul 11-Jul 21	M-Th	9:15-9:55 am	121011F
Level I	Jul 11-Jul 21	M-Th	10:00-10:40 am	121011G
Level I	Jul 11-Jul 21	M-Th	7:15-7:55 pm	121011H
Level I	Jul 25-Aug 4	M-Th	8:30-9:10 am	121011J
Level I	Jul 25-Aug 4	M-Th	9:15-9:55 am	121011K
Level I	Jul 25-Aug 4	M-Th	10:00-10:40 am	121011M
Level I	Jul 25-Aug 4	M-Th	7:15-7:55 pm	121011N

### LEVEL III

Additional guided practice to skills from Level II, learning treading water, front crawl, back crawl, beginning head first entries, introduction to scissors kick, elementary back stroke, rotary breathing, introduction to the dolphin kick and water safety skills.

CLASS	DATES	DAYS	TIME	Program #
Level III	Jun 20-Jun 30	M-Th	8:30-9:10 am	121013A
Level III	Jun 20-Jun 30	M-Th	9:15-9:55 am	121013B
Level III	Jun 20-Jun 30	M-Th	10:00-10:40 am	121013C
Level III	Jun 20-Jun 30	M-Th	7:15-7:55 pm	121013D
Level III	Jul 11-Jul 21	M-Th	8:30-9:10 am	121013E
Level III	Jul 11-Jul 21	M-Th	9:15-9:55 am	121013F
Level III	Jul 11-Jul 21	M-Th	10:00-10:40 am	121013G
Level III	Jul 11-Jul 21	M-Th	7:15-7:55 pm	121013H
Level III	Jul 25-Aug 4	M-Th	8:30-9:10 am	121013J
Level III	Jul 25-Aug 4	M-Th	9:15-9:55 am	121013K
Level III	Jul 25-Aug 4	M-Th	10:00-10:40 am	121013M
Level III	Jul 25-Aug 4	M-Th	7:15-7:55 pm	121013N

## AMERICAN RED CROSS LEARN TO SWIM PROGRAM

8 Classes Min/Max: 6/10

**Location:** Woodstock Water Works  
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### LEVEL IV

Develop confidence in front and back crawl and elementary backstroke, begin learning the breaststroke, butterfly, sidestroke, open turns, diving and water safety skills.



CLASS	DATES	DAYS	TIME	Program #
Level IV	Jun 20-Jun 30	M-Th	11:00-11:45 am	121014A
Level IV	Jul 11-Jul 21	M-Th	11:00-11:45 am	121014B
Level IV	Jul 25-Aug 4	M-Th	11:00-11:45 am	121014C

### LEVEL V

Provides further coordination of strokes and working on flip turns, surface diving and water safety skills.

CLASS	DATES	DAYS	TIME	Program #
Level V	Jun 20-Jun 30	M-Th	11:00-11:45 am	121015A
Level V	Jul 11-Jul 21	M-Th	11:00-11:45 am	121015B
Level V	Jul 25-Aug 4	M-Th	11:00-11:45 am	121015C

### LEVEL VI

Refines the strokes so students swim them with ease, efficiency and power over greater distances, demonstration of all turns and water safety skills.

CLASS	DATES	DAYS	TIME	Program #
Level VI	Jun 20-Jun 30	M-Th	11:00-11:45 am	121016A
Level VI	Jul 11-Jul 21	M-Th	11:00-11:45 am	121016B
Level VI	Jul 25-Aug 4	M-Th	11:00-11:45 am	121016C

## JUNIOR GUARD

Age: 11-14

Want to learn what a lifeguard does and what training they go through? Join us for our junior lifeguard class and learn some of the things a real lifeguard would do to ensure patrons are safe in and around the water and how to react in an emergency situation. Participants must be at a level 4 or higher swim level. Participants will not be certified as a lifeguard after taking this class. 6 Classes Min/Max: 6/10



**Instructor:** Leslie Behrns, ARC Instructor  
**Location:** Woodstock Water Works

**Day/Time:** W/7:15A-8:15P

**SESSION** **PROGRAM #**  
Jun 22-Jul 27 121211A

**Fee:** \$65 Resident/\$85 Non-Resident  
**Fee as of June 16:** \$70 Resident/\$90 Non-Resident

## LIFEGUARD TRAINING

Age: 15 & up

Prepare for the 2017 Season. This class provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Prerequisites: Must be 15 years of age, swim 300 yards continuously, tread water for 2 minutes using only the legs, complete a timed event within 1 minute, 40 seconds starting in the water, swim 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point and exit the water without using a ladder or steps. Min/Max: 6/10

**Instructor:** Leslie Behrns, ARC Instructor  
**Location:** Woodstock Water Works

**Day/Time:** M-Su/10:00A- 4:00P

**SESSION** **PROGRAM #**  
Jul 05-09 121091-A

**Fee:** \$220 Resident/\$240 Non-Resident

## AQUATICS POLICIES

- Aquatics classes will be cancelled only in the event of severe weather.
- You will **not** receive a phone call if classes are cancelled. Please check email, text, [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com) or Facebook for updated class information.
- Fridays are used as rain dates. Two rain dates are available each session.
- Refunds/credits will not be issued due to missed lessons for inclement weather.
- During a session when the air temperature is cool or the weather conditions are questionable, every effort will be made to conduct classes. Safety procedures and out-of-water instruction will take place during cooler weather when appropriate.

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**BUBBLE CLUB**

Age: 2-3

Splash away the morning at Woodstock Water Works. Your little one can enjoy playing with their friends in the sand, doing crafts, playing games and splashing in the baby pool during this supervised time. 8 Classes Min/Max: 6/10

**Location:** Woodstock Water Works  
**Fee:** \$70 Resident/\$90 Non-Resident

CLASS	DATES	DAYS	TIME	Program #
Bubble Club	Jun 20-Jun 30	M-Th	9:50-10:20 am	111171A
Bubble Club	Jul 11-Jul 21	M-Th	9:50-10:20 am	111171B
Bubble Club	Jul 25-Aug 4	M-Th	9:50-10:20 am	111171C

**PARENT-TOT**

Age: 6 months-3 years with Parent

For children that submerge reluctantly or not at all, or require floatation support at all times. A parent, required to be in the water at all times, will learn information and techniques to supervise water activities in a safe manner and to help children develop a comfort level in and around the water. Fridays will be used as a make-up day if lessons are cancelled due to inclement weather. 8 Classes Min/Max: 6/12

**Location:** Woodstock Water Works  
**Fee:** \$70 Resident/\$90 Non-Resident

CLASS	DATES	DAYS	TIME	Program #
Parent Tot	Jun 20-Jun 30	M-Th	10:30-11:00 am	111161A
Parent Tot	Jul 11-Jul 21	M-Th	10:30-11:00 am	111161B
Parent Tot	Jul 25-Aug 4	M-Th	10:30-11:00 am	111161C

**INTRO TO WATER SKILLS**

Age: 3-4

This class is designed for the child that is ready for more advanced water skills without mom or dad. Participants will develop a comfort level and readiness for Level I, age permitting.

8 Classes Min/Max: 6/10

**Location:** Woodstock Water Works  
**Fee:** \$70 Resident/\$90 Non-Resident

CLASS	DATES	DAYS	TIME	Program #
Intro to Water	Jun 20-Jun 30	M-Th	9:15-9:45 am	111181A
Intro to Water	Jul 11-Jul 21	M-Th	9:15-9:45 am	111181B
Intro to Water	Jul 25-Aug 4	M-Th	9:15-9:45 am	111181C

**LEVEL I-III**

**INTENSIVE PRIVATE LESSONS**

Age: 3 & up

An instructor will be paired with a student during this one on one individualized instruction according to their swimming needs. Individuals will be taught by our certified staff. Requests for instructors will not be honored. No make-up classes are available. Must be able to attend all five days.

5 Classes Min/Max: 1/5

**Location:** Woodstock Water Works  
**Fee:** \$110 Resident/\$130 Non-Resident

CLASS	DATES	DAYS	TIME	Program #
Private Lessons	Jun 6-Jun 10	M-F	8:30-9:00 am	121121A
Private Lessons	Jun 6-Jun 10	M-F	9:10-9:40 am	121121B
Private Lessons	Jun 6-Jun 10	M-F	9:50-10:20 am	121121C
Private Lessons	Jun 13-Jun 17	M-F	8:30-9:00 am	121121D
Private Lessons	Jun 13-Jun 17	M-F	9:10-9:40 am	121121E
Private Lessons	Jun 13-Jun 17	M-F	9:50-10:20 am	121121F

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FOR BEGINNING ADULT SWIM SKILLS