

# 2010 Wedgwood Swim Pool Lesson Brochure

**Wedgwood Pool**  
**7727 28<sup>th</sup> NE**  
**Seattle, WA 98115**

**(206) 523-8211**  
**www.wwpool.org**  
**swimlessons@wwpool.org**

The staff at Wedgwood Swim Pool is dedicated to providing safe, fun, high quality swimming instruction.

This year, Wedgwood Swim Pool Lessons will be divided into five two-week sessions throughout the summer. Morning Lessons are held Monday through Friday, while Evening Lessons are offered on Monday and Wednesday.

<b>Morning Class Schedule</b>	
<b>Time</b>	<b>Lesson/Practice</b>
<b>9:30-10:00*</b>	<b>Lesson # 1*</b>
<b>10:00-10:15*</b>	<i>Practice Swim*</i>
<b>10:15-10:45</b>	<b>Lesson # 2</b>
<b>10:45-11:15</b>	<b>Lesson # 3</b>
<b>11:15-11:30</b>	<i>Practice Swim</i>
<b>11:30-12:00</b>	<b>Lesson # 4</b>

\*Please note that there will be limited deep end exposure during this time.

<b>Evening Class Schedule</b>	
<b>Monday and Wednesday evenings**</b> <b>(No Practice Swim for evening classes)</b>	
<b>5:30-6:00 PM</b>	<b>Lesson #1</b>
<b>6:00-6:30 PM</b>	<b>Lesson #2</b>
<b>6:30-7:00 PM</b>	<b>Lesson #3</b>

\*\* Exception: Monday and Thursday evenings for the second week of session 3

## MORNING LESSONS

During each morning lesson, your child will receive small group instruction and guided practice for 30 minutes, as well as an opportunity to practice on his/her own for 15 minutes before or after the lesson. Morning Lessons are held Monday through Friday for the duration of the session, totaling 5 hours of instruction and 2.5 hours of free swim each session. Please see session dates, registration times/dates, and lesson rates in the center page of this brochure.

## EVENING LESSONS

During each evening lesson, your child will receive small group instruction and guided practice for 30 minutes. During Evening Lessons, our facility will be open to our membership, which offers your swimmer a smaller class size than our Morning Lessons, but prevents us from offering levels above Beg I or a Practice Swim. For safety reasons, swimmers may not enter the water before the start of their lesson. Evening Lessons are held on Monday and Wednesday evenings for the duration of the session, totaling 2 hours of instruction each session. Please see session dates, registration times/dates, lesson rates, and class offerings in the center page of this brochure.

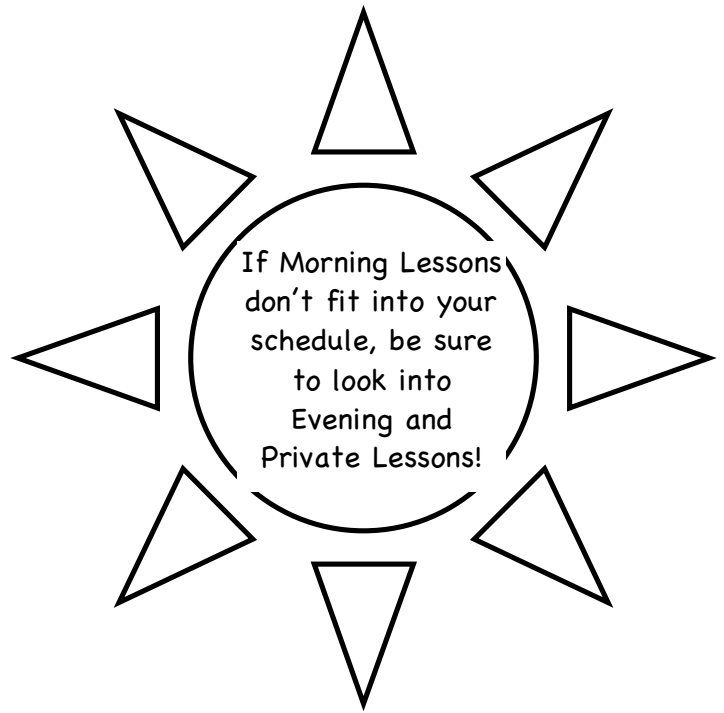
## PRIVATE/SEMI-PRIVATE LESSONS

Half hour Private and Semi-Private Lessons are offered upon patron request. Private/Semi-Private Lessons are ideal for families who cannot make the times or dates of Morning or Evening Lessons, individuals seeking more individualized instruction, and adults. Times and dates of lessons depend on instructor and pool availability. Private Lessons may be arranged with the instructor or through the office. Please note that a practice swim is not available for swimmer(s) enrolled in Private/Semi-Private Lessons and that only the enrolled swimmer(s) may enter the water at any time.

## SUMMER SESSION SCHEDULE

<b>Sessions</b>	<b>Dates</b>
<b>1</b>	June 28 <sup>th</sup> - July 9 <sup>th</sup>
<b>2</b>	July 12 <sup>th</sup> - July 23 <sup>rd</sup>
<b>3</b>	July 26 <sup>th</sup> - August 6 <sup>th</sup> *
<b>4</b>	August 9 <sup>th</sup> - August 20 <sup>th</sup>
<b>5</b>	August 23 <sup>rd</sup> - Sept 3 <sup>rd</sup>

\*Evening schedule adjusted



## ENROLLMENT DATES

<b>Session</b>	<b>Members</b>	<b>Non-Members Currently Enrolled</b>	<b>Non-Members Not Currently Enrolled</b>
<b>1</b>	Monday, June 21 <sup>st</sup> 5-7:30pm	n/a	Saturday, June 26 <sup>th</sup> 9:00 AM
<b>2</b>	Thursday, July 8 <sup>th</sup> 9:00 AM	Friday, July 9 <sup>th</sup> 9:00 AM	Saturday, July 10 <sup>th</sup> 9:00 AM
<b>3</b>	Thursday, July 22 <sup>nd</sup> 9:00 AM	Friday, July 23 <sup>rd</sup> 9:00 AM	Saturday, July 24 <sup>th</sup> 9:00 AM
<b>4</b>	Thursday, August 5 <sup>th</sup> 9:00 AM	Friday, August 6 <sup>th</sup> 9:00 AM	Saturday, August 7 <sup>th</sup> 9:00 AM
<b>5</b>	Thursday, August 19 <sup>th</sup> 9:00 AM	Friday, August 20 <sup>th</sup> 9:00 AM	Saturday, August 21 <sup>st</sup> 9:00 AM

## COST PER SESSION

<b>Sessions</b>	<b>Morning Lessons</b>		<b>Evening Lessons</b>	
	Members	Non Members	Members	Non Members
<b>1, 2, 3, 4, 5</b>	\$36.00	\$62.50	\$15.00	\$25.00

## SEMI-PRIVATE LESSON

<b>Member Private</b>	<b>Non Member Private</b>	<b>Member Semi-Private</b>	<b>Non Member Semi-Private</b>
\$18.00	\$28.00	\$26.00	\$36.00

Private = 1 swimmer

Semi-Private = 2 swimmers

## REGISTRATION POLICIES AND PROCEDURES

1. Payment in cash or check is required at the time of registration (make checks payable to: *Wedgwood Swim Pool*).
2. Families may ONLY register on their designated day, according to membership and enrollment status.
3. You may register the child(ren) of ONE other family, as long as it is each family's appropriate registration day (see *Registration Priority and Enrollment Dates*).
4. Sharing sessions will not be permitted.
5. NO REFUNDS, except in the cases of prolonged illness or injury.
6. At the time of registration, you may enroll for morning or evening classes, depending on availability, regardless of what you took the session(s) before. No Evening Lesson spots will be held for previous students.

## REGISTRATION PRIORITY

1. Members of Wedgwood Swim Pool
2. Non-members who are currently enrolled in lessons at the time of registration
3. Non-members who are not currently enrolled in lessons at the time of registration

For example, a family taking lessons during session 2 may register for session 3 as a **Currently Enrolled Non-Member**. However, a family who took lessons during session 1, but did not take lessons during session 2, must register for session 3 as a **Non-Member Not Currently Enrolled**.

**If you cannot be there to register in person** on the enrollment date and time, three options are available to you:

1. You may send your class preferences, information (including child's name, age, address, and phone), and payment with another family, so long as they are registering no more than their children plus those of ONE other family. (Please see Registration Policies and Procedures #3.)
2. You may attempt to register AFTER the specified time and date. Please be aware that the Lesson Coordinator may not be there to process your request and that availability of lesson times and levels may be limited.
3. You may give your class preferences and information (including child's name, age, address, and phone) to the Lesson Coordinator BEFORE the specified time and date. These requests will be processed at 12:00 noon of that registration date. Please be aware that availability of lesson times and levels may be limited.

**If you wish to attend only one week of a session**, you have two options:

1. You may purchase the session at full cost on the specified registration time and date and only attend one week.
2. Any space not yet filled *by the first Monday of the session* may be sold at a prorated cost. Please call or come to the office for this information.

**If you wish to be taken off our mailing list, please contact Wedgwood Pool by phone at (206) 523-8211 or by email at: [swimlessons@wwpool.org](mailto:swimlessons@wwpool.org)**

## CLASS LEVELS

The Class Levels at Wedgwood Pool are based on age and skill level. The skills we expect a swimmer to be able to perform in order to complete a particular swim level at Wedgwood are listed in the table entitled *Description of Skills by Class*. This information can assist you in determining which class is the most suitable for your child. It is important for your child to be placed in a class that will address his/her needs and support the development of specific skills. Additionally, flexibility to move a swimmer to a different level once the session has begun is limited. For these reasons, if you are at all unsure about your child's skill level or need help determining an appropriate class, we highly recommend that you bring them in for a brief, complimentary swim test (conducted by one of our instructors) during our normal hours of operation.

Class Level	Class Size - Morning	Class Size - Evening
Preschool I (3-5 yr.)	5	4
Preschool II (3-5 yr.)	5	4
Preschool III (3-5 yr.)	5	4
Floater (Over 5yrs)	5	4
Beginner I	6	5
Beginner II	6	N/A
Advanced Beginner	6	N/A
Intermediate I	8	N/A
Intermediate II	8	N/A
Swimmer	8	N/A

Due to limited staff and pool space, not all class levels will be offered at all class times.  
We appreciate your flexibility in this matter.

## MINI SWIM TEAM

Are you wondering if a swim team might be the next step for your swimmer? Does your swimmer love to be a part of a group? Is your swimmer in need of a slightly different approach to stay motivated? Then Mini Swim Team is for you!

A small group of Wedgwood's most energetic and knowledgeable instructors coach the Mini Swim Team once per summer. Skills taught in this level focus on refining technique of the four competitive strokes (backstroke, breaststroke, butterfly, and crawlstroke), starts, turns, and relays. To ensure that the Mini Swim Team experience fun and supportive, the coaches focus on personal improvement and team camaraderie, rather than interpersonal competition. Two weeks of hard work are showcased in a Mini Swim Meet on the final day of class, followed by a pizza party and ribbon ceremony.

**Mini Swim Team will be offered at the 11:30 time during session 4.** Registration for Mini Swim Team is open to all swimmers who have passed the Advanced Beginner level. The practice swim and cost is the same as any other lesson. To provide the highest quality instruction and most opportunities for improvement, the Mini Swim Team will be limited to 20 swimmers.

## RESTRICTIONS

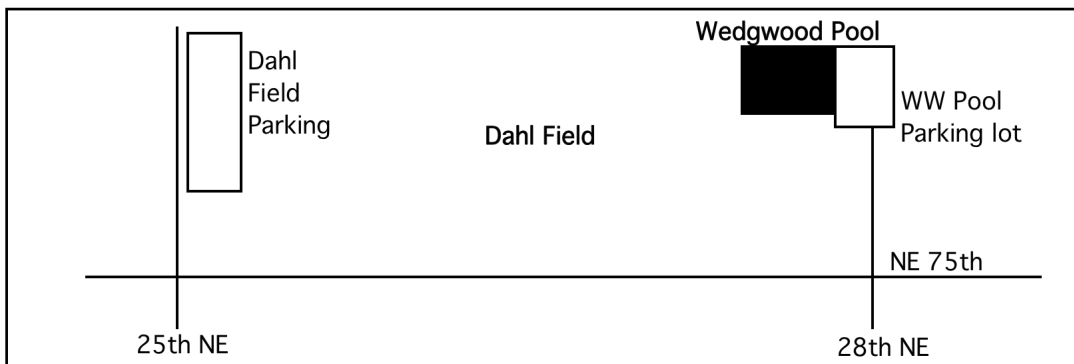
- We offer no formal instruction for children under the age of three. **NO EXCEPTIONS.**
- Please do not register children who are not potty trained or who have difficulty telling someone they need to use the bathroom.
- Only the enrolled swimmer may enter the water at any time during the lesson or practice swim.

## DESCRIPTION OF CURRICULUM BY CLASS

<p style="text-align: center;"><b><u>PRESCHOOL I (3-5 yr.)</u></b></p> <ul style="list-style-type: none"> <li>• Comfortable in water</li> <li>• Horizontal position, front (asst.)</li> <li>• Horizontal position, back (asst.)</li> <li>• Bobs, 5 in shallow water</li> <li>• Kicking on front</li> <li>• Kicking on back</li> <li>• Face float</li> <li>• Deep-water exposure, 4 ft.</li> </ul>	<p style="text-align: center;"><b><u>PRESCHOOL II (3-5 yr.)</u></b></p> <ul style="list-style-type: none"> <li>• Face float, 10 count *</li> <li>• Back float *</li> <li>• Float and kick, front, 10 ft.</li> <li>• Float and kick, back 10 ft.</li> <li>• Bobbing *</li> <li>• Crawl stroke, head down, no breathing</li> <li>• Sit dive</li> <li>• Rhythmic breathing</li> <li>• Deep-water exposure, 12 ft.</li> </ul> <p>(* in 3 feet)</p>
<p style="text-align: center;"><b><u>PRESCHOOL III (3-5 yr.)</u></b></p> <ul style="list-style-type: none"> <li>• Crawl stroke, no breathing, good form, 10 ft.</li> <li>• Crawl stroke, some side breathing</li> <li>• Backstroke, 10 ft.</li> <li>• Back float, 15 seconds</li> <li>• Change positions, back to crawl</li> <li>• Jump into deep water, 12 ft.</li> <li>• Kick with kick board, 25 ft.</li> <li>• Wing and kick on back, 10 ft.</li> <li>• Sit dive</li> </ul>	<p style="text-align: center;"><b><u>FLOATER</u></b> <b><u>(equivalent of Preschool I, II, and III for swimmers Over 5)</u></b></p> <ul style="list-style-type: none"> <li>• Comfortable in water</li> <li>• Face in water, 10 count</li> <li>• Face float in 3 ft., 10 seconds</li> <li>• Back float in 3 ft.</li> <li>• Crawl stroke, no breathing, 15 ft.</li> <li>• Kick across pool with kick board</li> <li>• Wing &amp; kick on back across pool</li> <li>• Crawl stroke, some side breathing</li> <li>• Deep-water exposure, 12 ft.</li> <li>• Beginning rhythmic breathing</li> </ul>
<p style="text-align: center;"><b><u>BEGINNER I</u></b></p> <ul style="list-style-type: none"> <li>• Crawl stroke, good form</li> <li>• Backstroke, good form, 25 ft.</li> <li>• Back float, 30 seconds</li> <li>• Rhythmic breathing to the side, 10 times</li> <li>• Crawl stroke, some side breathing, across pool</li> <li>• Kick width of pool w/ kick board</li> <li>• Wing and kick on back, 25 ft.</li> <li>• Beginning dive</li> </ul>	<p style="text-align: center;"><b><u>BEGINNER II</u></b></p> <ul style="list-style-type: none"> <li>• Crawl stroke, side breathing, width of the pool, good form</li> <li>• Backstroke, width of pool, good form</li> <li>• Wing and kick on back, 25 yd.</li> <li>• Back float, 45 seconds</li> <li>• Combined, back to crawl</li> <li>• Kick, 25 yd. w/ kick board</li> <li>• Dive into deep water</li> <li>• Tread water, proper coordination</li> </ul>
<p style="text-align: center;"><b><u>ADVANCED BEGINNER</u></b></p> <ul style="list-style-type: none"> <li>• Crawl stroke, side breathing, 25 yd., good form</li> <li>• Backstroke, 25 yd., good form</li> <li>• Elementary backstroke, 25 yd.</li> <li>• Beginning breaststroke</li> <li>• Breaststroke kick</li> <li>• Back float, 1 min.</li> <li>• Tread water 1 min.</li> <li>• Dive, good form</li> <li>• Bobbing in deep water, 10 times</li> <li>• Under water swimming</li> </ul>	<p style="text-align: center;"><b><u>INTERMEDIATE I</u></b></p> <ul style="list-style-type: none"> <li>• Crawl stroke, side breathing, 50 yards, good form</li> <li>• Backstroke, 50 yd., good form</li> <li>• Back float, 2 min.</li> <li>• Breaststroke, proper coordination</li> <li>• Elementary backstroke, 50 yd.</li> <li>• Tread water, 2 min.</li> <li>• Dive, good form</li> <li>• Bobbing in deep water, 20 times</li> <li>• Underwater swimming across pool</li> </ul>
<p style="text-align: center;"><b><u>INTERMEDIATE II</u></b></p> <ul style="list-style-type: none"> <li>• Crawl stroke, good form, 75 yd.</li> <li>• Backstroke, good form, 50 yd.</li> <li>• Back float, 5 min.</li> <li>• Breaststroke, good form, 25 yd.</li> <li>• Introduction to sidestroke</li> <li>• Introduction to butterfly</li> <li>• Tread water, 3 min.</li> <li>• Dive, good form, from board</li> <li>• Introduction to turns</li> <li>• Combined skills</li> </ul>	<p style="text-align: center;"><b><u>SWIMMER</u></b></p> <ul style="list-style-type: none"> <li>• Crawl stroke, good form, 100 yd.</li> <li>• Backstroke, good form, 50 yd.</li> <li>• Back float, 5 min.</li> <li>• Breaststroke, good form, 50 yd.</li> <li>• Sidestroke, good form, 25 yd.</li> <li>• Butterfly, proper coordination</li> <li>• Tread water, 5 min.</li> <li>• Dive, good form, from board</li> <li>• Turns, proper coordination</li> <li>• Underwater swimming, 25 ft.</li> </ul>

## Parking

Please park in the parking lot or at Dahl Field. In an effort to maintain a good relationship with our neighbors, Wedgwood Pool is asking all those taking lesson to avoid parking on surrounding neighborhood streets. Please help us in our attempts to remain a positive part of this community by abiding by these new parking regulations. Thank you.



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here!