



**EAST SIDE BEACH
SWIMMING LESSONS
JULY, 2022**

THE CITY OF OCONTO FALLS WILL BE OFFERING SWIMMING LESSONS AT THE EAST SIDE BEACH. THE 3 WEEK PROGRAM IS FROM **JULY 11th THROUGH JULY 28th**. LESSONS WILL BE HELD ON MONDAYS THRU THURSDAYS, NO LESSONS ON FRIDAYS. LESSON FEES ARE \$25.00 PER CHILD. PLEASE NOTE THE SKILLS NECESSARY FOR EACH LEVEL AND REGISTER YOUR CHILD TO HIS/HER ABILITIES. STUDENTS WILL BE CHECKED THE FIRST TWO DAYS OF CLASS AND POSSIBLE PUT INTO A HIGHER OR LOWER LEVEL.

MAKE SURE YOU MARK DOWN DATES AND TIMES TO REMIND YOURSELF.
YOU WILL NOT BE CONTACTED UNLESS YOUR TIME NEEDS TO BE CHANGED.

LEVEL 1	LEVEL 2	LEVEL 3
WATER EXPLORATION	PRIMARY SKILLS	STROKE READINESS
CHILD'S FIRST EXPERIENCE WITH WATER LOTS OF GAMES AND ACTIVITIES	STUDENTS WILL LEARN TO FLOAT WITHOUT ASSISTANCE AND RECOVER TO A VERTICAL POSITION	STUDENTS ARE INTRODUCED TO BASIC STROKES AND SAFE DIVING PRACTICES
LEVEL 4	LEVEL 5	LEVEL 6
STROKE DEVELOPMENT	STROKE REFINEMENT	SKILLS PROFICIENCY
STUDENTS IMPROVE BASIC SKILLS AND ENDURANCE	NEW STROKES INTRODUCED MORE ENDURANCE TRAINING	MUST HAVE STRONG SWIMMING SKILLS. INTRODUCED TO RESCUE SKILLS
LEVEL 7	TIMES	LEVELS
ADVANCED SKILLS	CIRCLE TIME	CIRCLE LEVEL
MUST HAVE VERY STRONG SWIMMING SKILLS. ADVANCE WATER SAFETY AND RESCUE SKILLS	9:30-10:15 (only if needed) 10:30-11:15 11:30-12:15	7,6,5,4,3,2,1 7,6,5,4,3,2,1

- REGISTRATION IS ON A FIRST COME BASIS!!
- RAIN DAYS- LIGHT RAIN CLASSES WILL BE HELD- POURING RAIN CLASSES CANCELED
- PICNIC DAY! HELD ON THE LAST DAY (JULY 28TH). HOT DOGS SUPPLIED, BRING DISH TO PASS. PICNIC WILL START AT 11:00 UNTIL NOON. CERTIFICATES HANDED OUT!
- ANY QUESTIONS PLEASE CONTACT SHEILA MANNS EMAIL ME AT SMANNSPARKREC@GMAIL.COM
- **Facebook page – “Beach east side OF” come visit and like it & watch for updates/news**

SWIMMING LESSONS 2022

REGISTRATION FORM

REGISTRATION DEADLINE IS JUNE 24, 2022.

PLEASE MAKE CHECKS PAYABLE TO THE "CITY OF OCONTO FALLS". REGISTRATION WITH PAYMENT CAN BE MAILED TO OR DROPPED OFF AT CITY HALL 500 N CHESTNUT AVE/ PO BOX 70 OCONTO FALLS WI 54154 OR CAN BE PUT IN ONE OF THE CITY DROP-OFF BOXES USED FOR UTILITIES BILLS.

CHILD'S NAME _____

ADDRESS _____

AGE _____ CHILD MUST BE 4 YEARS OLD BY July 12th

CIRCLE TIME PREFERENCE

CIRCLE LEVEL

9:30 - 10:15(OONLY IF NEEDED)	
10:30 - 11:15	7, 6, 5, 4, 3, 2, 1
11:30 - 12:15	7, 6, 5, 4, 3, 2, 1

PARENT/GUARDIAN NAME _____

Phone # _____ EMAIL ADDRESS: _____

PARENT/GUARDIAN NAME _____

Phone # _____ EMAIL ADDRESS: _____

IN CASE OF EMERGENCY CONTACT:

NAME _____ PHONE # _____

PLEASE INDICATE IF YOUR CHILD HAS ANY SPECIAL NEEDS OR HEALTH CONDITIONS. LIST ANY ALLERGIES _____

IN THE EVENT OF A MEDICAL EMERGENCY, I UNDERSTAND THAT EVERY EFFORT WILL BE MADE TO CONTACT ME. IF I CANNOT BE CONTACTED, I HEREBY GIVE MY PERMISSION TO HAVE THE ADULT IN CHARGE ACQUIRE SUITABLE MEDICAL CARE FOR MY CHILD.

PARENTS SIGNATURE

DATE