

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

Ages 4 & Up

The American Red Cross Learn to Swim Program is designed to enhance participant's ability to progress from one level to the next. Personal water safety skills and information are included in all levels. It is not unlikely for a child to repeat a level more than once before passing. A child's attention span is also a key skill which is required in passing one level to the next.

Location: Woodstock High School Pool,
501 W South Street



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. 8 Classes Min/Max: 6/10

SATURDAY

Day/Time: Sa/ 9:00- 9:40A
SESSION **PROGRAM #**
Oct 01-Nov 19 221011-A
Fee: \$75 Resident/\$95 Non-Resident
Fee as of Sep 25: \$80 Resident/\$100 Non-Resident

MONDAY

Day/Time: M/ 6:00- 6:40P
SESSION **PROGRAM #**
Oct 03-Dec 05 221011-B
Exc. 10/10, 10/31
Fee: \$75 Resident/\$95 Non-Resident
Fee as of Sep 27: \$80 Resident/\$100 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. 8 Classes Min/Max: 6/10

SATURDAY

Day/Time: Sa/ 9:45-10:25A
SESSION **PROGRAM #**
Oct 01-Nov 19 221021-A
Fee : \$75 Resident/\$95 Non-Resident
Fee as of Sep 25: \$80 Resident/\$100 Non-Resident

MONDAY

Day/Time: M/ 6:00- 6:40P
SESSION **PROGRAM #**
Oct 03-Dec 05 221011-B
Exc. 10/10, 10/31
Fee: \$75 Resident/\$95 Non-Resident
Fee as of Sep 27: \$80 Resident/\$100 Non-Resident



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. 8 Classes Min/Max: 6/10

SATURDAY

Day/Time: Sa/10:30-11:10A
SESSION **PROGRAM #**
Oct 01-Nov 19 221031-A
Fee: \$75 Resident/\$95 Non-Resident
Fee as of Sep 25: \$80 Resident/\$100 Non-Resident

MONDAY

Day/Time: M/ 6:45- 7:25P
SESSION **PROGRAM #**
Oct 03-Dec 05 221031-B
Exc. 10/10, 10/31
Fee: \$75 Resident/\$95 Non-Resident
Fee as of Sep 27: \$80 Resident/\$100 Non-Resident

LEVEL IV-VI

Develop confidence in front and back crawl and elementary backstroke, begin learning the breaststroke, butterfly, sidestroke, open turns, diving and water safety skills. 8 Classes Min/Max: 6/10

LEVEL IV

Day/Time: Sa/11:15A-12:00P
SESSION **PROGRAM #**
Oct 01-Nov 19 221041-A
Fee: \$75 Resident/\$95 Non-Resident
Fee as of Sep 25: \$80 Resident/\$100 Non-Resident

LEVEL IV, V, VI

Day/Time: M/ 7:30- 8:15P
SESSION **PROGRAM #**
Oct 03-Dec 05 221041-B
Exc. 10/10, 10/31
Fee: \$75 Resident/\$95 Non-Resident
Fee as of Sep 27: \$80 Resident/\$100 Non-Resident



LIFEGUARD TRAINING

Age: 15 & up

Prepare to qualify for a job for the 2017 summer 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 legs, complete a timed 10 lbs. brick retrieval within 1 minute, 40 seconds starting in the water. This class will be a blended learning style with online course work required aside from the required times of the class below:

Friday, September 23, 6:00-9:00 pm at WHS – Precourse

Wednesday, October 5, 6:00-9:00 pm at WHS

Thursday, October 6, 6:00-9:00 pm at WHS

Sunday, October 9, 9:00 am - Noon at WPD

Monday, October 10, 9:00 am - Noon at WPD

Thursday, October 13, 6:00-9:00 pm at WHS

Saturday, October 15, Noon-4:00 pm at WHS - Final Test

Min/Max: 6/10

Instructor: Leslie Behrns
Locations: Woodstock High School Pool (WHS)
501 W South Street
Woodstock Police Department (WPD)
656 Lake Ave.

Day/Time: W-Sa/ 6:00- 9:00P
SESSION **PROGRAM #**
Sep 23-Oct 15 221091-A

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



PARENT-TOT SWIM

Age: 1-3

This class is for children that submerge reluctantly or not at all, or require floatation support at all times. Parents must participate in classes and will learn information and techniques to supervise water activities in a safe manner and to help their children develop a comfort level in and around the water.

8 Classes Min/Max: 6/10

Location: Rec Center Pool

Day/Time: Su/11:00-11:30A

SESSION **PROGRAM #**

Oct 02-Nov 06 211161-A

Fee: \$50 Resident/\$70 Non-Resident

Fee as of Sep 26: \$55 Resident/\$75 Non-Resident



PRIVATE SWIM LESSONS

Interested in one-on-one instruction? Private swim lessons give students extra attention needed, whether there is a fear of water or you want to improve your swim strokes.

The fee is \$110 Residents/\$130 Non-Residents for five-1/2 hour classes.

Registration for Private Lessons can only be accepted at the Recreation Center after you have set up a time with an instructor. Please contact Becky at 815.338.4363 or bvdales@woodstockil.gov for additional names and numbers of other instructors.

SHARON KOVAR

Sharon works with ages 6 months through adults. Please contact her to arrange lesson time at 815.355.2017.

BELLA MALER

Bella teaches all ages. Please contact her at 317.989.9699.

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FOR TWEEN PROGRAMS