



[swimming info: rockwallswimming@gmail.com](mailto:rockwallswimming@gmail.com)

Website: rgactx.com

## SWIMMING LESSONS – 2018

### **Lessons Philosophy:**

*Our intentions are to provide a solid foundation for your child in the water in each level so they can develop the proper skills to be able to move to the next level within the program and to learn to swim for safety as well.*

**Class sizes:** *The goal is to keep classes small and fun. Even though private lessons have many advantages, teaching in a small group setting is more fun and kids tend to learn from other kids. Many times, they will learn faster that way and they will also have the opportunity to swim with friends. We would like to have the squirts class between 4 and 5 swimmers. For the levels (1-5) ideally, we would like 5 to 6 swimmers in each level. Parent Todd's classes can take as many as we would fit as each parent or guardian will be in the water with the instructor.*

**Coach Wagner da Silva** coaches at the Rockwall Aquatic Center. Prior to coming to Rockwall, he was a coach for 21 years in Wisconsin and he has been coaching for over 30 years with vast experience teaching little kids from infants to Triathletes. Wagner also was very fortunate to be named by his fellow coaches in the state of Wisconsin as the Age Group Coach of the Year for 2008.

**Coach Kim Lester** also coaches at the Rockwall Aquatic Center. She has joined us from AZ. Kim was a competitive swimmer and also has over 20 years of coaching experience as well as running her own swim lesson program in the past. Coach Kim has had the opportunity to coach next to Michael Phelps coach, Bob Bowman as well.

**Session 1 – June 4 – June 14**

**Session 3 – July 2 – July 12**

**Session 2 – June 18 – June 28**

**Session 4 – July 16 – July 26**

**\*Early registration – May 5<sup>th</sup> from 5:30-6:30 at RGAC - 2600 Champions Dr**

**\*Evaluations for skill levels will be Wednesday, May 16<sup>th</sup> at 5:30pm to 6:30 at RGAC**

Swimmer will be placed in classes with peers with similar skills.

**ALL SESSIONS are Monday through Thursday with no classes on Fridays. Please refer to Registration sheet for times.**

For registration and questions please contact Coach Wagner at: [rockwallswimming@gmail.com](mailto:rockwallswimming@gmail.com) or you can call me at 608-335-2318

<u>SQUIRTS</u>	<u>AGES</u>	<u>Common skills</u>	<u>Difference</u>
<b>Parent Todd</b>	3 & Under (6 Month old babies are OK)	3 and under – (3 year old child that does not go under water and needs the parent in the water) <b><i>All parents/guardian must get in the water with child</i></b>	
<b>Squirts - A</b>	3-5 yrs	Head in the water Blow bubbles (nose) front and back float Squirt A are for kids that have <b>NO</b> water experience	With assistance
<b>Squirts - B</b>	3-5 yrs	Head in the water Blow bubbles (nose) front and back float Squirt B is for kids that are comfortable with water but have no skills	Some assistance
<b>Squirts - C</b>	3-5 yrs	Floating- front and back – flutter kicking front and back Intro to front crawl (arm pull individually) <b>mostly w/ board</b> Intro to breathing (front crawl) and safety skills Back crawl <b>with assist</b> – mostly kicking	Little or no assistance
<u>LEVELS</u>		<u>Emphasis</u>	<u>Main Focus</u>
<b>Level 1 (A+B+C)</b>	6 & Older	Same as Squirt C 6 years or older	FREESTYLE (Front Crawl)  &  BACK (Crawl)
<b>Level 2</b>	6 & Older	<u>Front crawl</u> without board and breathing <u>Back crawl</u> without assistance Intro to treading water Basic Safety	
<b>Level 3</b>	6 & Older	<u>Front Crawl</u> – 10yds <u>Back Crawl</u> – 10yds Continue to work on Front & Back Crawl Treading water- 90 seconds or more Diving/Kneeling Intro to breaststroke, deep water entry and more safety skills	
<b>Level 4</b>	6 & Older	Front Crawl – 25yds <u>Breaststroke</u> Sculling on the back Elementary Backstroke	BREASTROKE & BUTTERFLY
<b>Level 5</b>	6 & Older	Front Crawl – 50yds Breaststroke – 10yds Butterfly Safety skills	
<b>Private lessons</b>	\$40 each	On an individual basis – let me know what you need and we will schedule a time.	
			On Individual basis



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**SWIMMING LESSONS REGISTRATION**  
**Rockwall Golf & Tennis Club – Summer 2018**  
**Under Coach *Wagner da Silva & Kim Lester***

Please *read course description* before picking a level for your child

Group Lessons: **One session (8 classes):**

**RGAC Members**            **\$180**    additional sibling \$150 same session  
**Non-members**           **\$210**    additional sibling \$180 same session

? Questions ? – [rockwallswimming@gmail.com](mailto:rockwallswimming@gmail.com) or you can call me at 608-335-2318

Swimmer's Name: \_\_\_\_\_ M/F DOB \_\_\_\_\_ Age \_\_\_\_\_

Parents' name: \_\_\_\_\_ Cell # \_\_\_\_\_

Parents' name: \_\_\_\_\_ Cell # \_\_\_\_\_

Address: \_\_\_\_\_

Emergency name and cell # \_\_\_\_\_ Date: \_\_\_\_\_

e-mail(s): \_\_\_\_\_

e-mail(s): \_\_\_\_\_

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**Session 1 – June 4 – June 14** (Monday-Thursday)

\_\_\_ 10:00 - 10:40a.m. – Squirts A, B, C - Levels 1, 2, 4, 5

\_\_\_ 10:40 – 11:20a.m. - Squirts A,B,C - Levels 1, 2, 3, 4

\_\_\_ 11:20 – 12:00 noon. – \*Parent Todd -Squirts A,B,C - Levels 1, 2, 3

**Session 2 – June 18 – June 28** (Monday-Thursday)

\_\_\_ 10:00 - 10:40a.m. – Squirts A, B, C - Levels 1, 2, 4, 5

\_\_\_ 10:40 – 11:20a.m. - Squirts A,B,C - Levels 1, 2, 3, 4

\_\_\_ 11:20 – 12:00 noon. – \*Parent Todd -Squirts A,B,C - Levels 1, 2, 3

**Session 3 – July 2 – July 12** (Monday-Thursday)-July 4 off

\_\_\_ 10:00 - 10:40a.m. – Squirts A, B, C - Levels 1, 2, 4, 5

\_\_\_ 10:40 – 11:20a.m. - Squirts A,B,C - Levels 1, 2, 3, 4

\_\_\_ 11:20 – 12:00 noon. – \*Parent Todd -Squirts A,B,C - Levels 1, 2, 3

**Session 4 – \$10% off – 7-day session**

1<sup>st</sup> week will be July 16 – July 20

2<sup>nd</sup> week will be July 23 and 24 ( Mon and Tue)

\_\_\_ 10:00 - 10:40a.m. – Squirts A, B, C - Levels 1, 2, 4, 5

\_\_\_ 10:40 – 11:20a.m. - Squirts A,B,C - Levels 1, 2, 3, 4

\_\_\_ 11:20 – 12:00 noon. – \*Parent Todd -Squirts A,B,C - Levels 1, 2, 3

**\*Parent Todd** classes are for 30 minutes and guardian needs to be in the water with child

\*If necessary classes will be combined