



UW-L Athletic Camps & Clinics  
 25 Mitchell Hall  
 1725 State Street  
 La Crosse, WI 54601

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**University of Wisconsin-La Crosse  
 SUMMER SWIMMING LESSONS 2010**

**SWIMMING LESSONS  
 2010**

**Summer  
 Swimming  
 Lessons**



**Session 1:  
 June 14-25**

**Session 2:  
 June 28-July 9**

*Low instructor to  
 student ratios*

*Taught by UW-L  
 collegiate swimmers*

*Lessons designed by  
 UW-L Swimming Coach  
 Richard Pein, PhD.*

*Join us for the best  
 swimming lessons in  
 the La Crosse area!*

**Summer Swimming  
 Lessons 2010:**

**Session #1**

**June 14-25**

**Wittich Hall Pool**

Time	Level
9 a.m.	1,2,3,4
10 a.m.	1,2,3,4

**Session #2**

**June 28-July 9**

**Wittich Hall Pool**

Time	Level
9 a.m.	1,2,3,4
10 a.m.	1,2,3,4

**Cost:** \$65 per participant

Red Cross Progressions will be taught.

**For more information or to register  
 online, please visit our website at:**

**[www.uwlcamps.com](http://www.uwlcamps.com)**



# University of Wisconsin-La Crosse Summer Swimming Lessons 2010

**Cost: \$65.00 per participant**

**The BEST lessons in town!**

## Red Cross Progressions will be taught

Level 1	Primary Skills	Child should be comfortable alone in the water without mom or dad in the pool with them
Level 2	Stroke Readiness	Child can swim crawlstroke for 10 feet
Level 3	Stroke Development	Child can swim crawlstroke, backstroke and elementary backstroke
Level 4	Stroke Refinement	Child can swim 5 basic strokes: crawl, backstroke, elementary backstroke, sidestroke and breaststroke

The level descriptions are guidelines for entering students. All students will be evaluated on the first day of class and placed into the proper class for their skill level. All classes will be held in Wittich Hall Pool. All times and levels will be limited to ensure proper instructor to student ratio. If signing up for classes less than a week prior to the start of classes, please call the camps office at 785-6544 to check for class availability.

**For more information or to register for classes online, please visit our website at:**

**[www.uwlcamps.com](http://www.uwlcamps.com)**

## Registration Form Summer Swimming Lessons 2010

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_ Session 1 (\$65) \_\_\_\_\_ Level \_\_\_\_\_ Time Preference

\_\_\_\_ Session 2 (\$65) \_\_\_\_\_ Level \_\_\_\_\_ Time Preference

Name of second child participating \_\_\_\_\_ Birthdate \_\_\_\_\_

Address (if different) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_ Session 1 (\$65) \_\_\_\_\_ Level \_\_\_\_\_ Time Preference

\_\_\_\_ Session 2 (\$65) \_\_\_\_\_ Level \_\_\_\_\_ Time Preference

Please make checks payable to UW-La Crosse and mail this form with full payment to:

**UW-La Crosse Athletic Camps & Clinics  
25 Mitchell Hall  
La Crosse, WI 54601**

OR register online at [www.uwlcamps.com](http://www.uwlcamps.com)

Emergency contact \_\_\_\_\_ Relationship to camper \_\_\_\_\_

Home Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Email \_\_\_\_\_

Special Medical Needs \_\_\_\_\_  
Registration implies permission for photos, publicity and inclusion in a participant list unless camp director is notified in writing prior to camp. All camp participants are covered by UW system limited insurance for injury sustained during supervised camp activities. UW-La Crosse is not liable for medical expenses incurred that are not covered by this policy. By signing this form I agree to hold harmless and indemnify UW-La Crosse, their officers, agents, and employees from any and all liability, loss damages, costs, or expenses which are sustained, incurred, or required arising out of the actions of my dependent in the course of the camp. I authorize that any medical, surgical, diagnostic and hospital procedures may be performed by a physician on my dependent if i cannot be reached in the event of an emergency.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_