



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

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FALL 2011
www.uwlcamps.com

**University of Wisconsin-La Crosse
 FALL SWIMMING LESSONS 2011**



Saturday Mornings

**September 17 -
 October 15**

*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!*

Fall Swimming Lessons 2011:

Saturday Mornings

September 17 - October 15, 2011

Time	Level
9 a.m.	1, 2, 3, 4, 5, 6
10 a.m.	1, 2, 3, 4, 5, 6
11 a.m.	1, 2, 3, 4, 5, 6

Cost: \$65 per participant

All classes will be held in Wittich or Mitchell Hall Pool. All times and levels will be limited to ensure the proper instructor to student ratio. If signing up for classes after September 12, please contact the camps office to check for class availability.

The level descriptions are listed on the inside of this brochure. These descriptions are guidelines for students and parents. All students will be evaluated on the first day of class and placed into the proper class for their skill level.



University of Wisconsin-La Crosse Fall Swimming Lessons 2011

Cost: \$65.00 per participant

Level 1	Primary Skills	Child is comfortable alone in the water (without parent)
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
Level 5	Stroke Proficiency	Child can swim 100 yards for each of 5 strokes
Level 6	Advanced Skills	Child has good strokes and wants to learn new skills

The level descriptions are guidelines for entering students. All students, regardless of what class they register for will be evaluated on the first day of class and placed into the proper class for their skill level.

Lessons feature a low instructor to student ratio and are taught by UW-La Crosse collegiate swimmers. Lessons are designed by UW-L Swimming Coach Richard Pein, PhD. Join us for the best lessons in La Crosse!
For more information or to register for classes online, please visit our website at:

www.uwlcamps.com

Registration Form Fall Swimming Lessons 2011

Name(s) _____ Birthdate(s) _____

Skill Level(s) _____ Time Preference _____

Home Address _____

City _____ State _____ Zip _____

Primary Phone _____ Alternate Phone _____

Parent/Guardian _____

e-mail (please provide for use in correspondence) _____

Make checks/money orders payable to UW-La Crosse and return with this form to:
**UW-L Athletic Camps & Clinics
25 Mitchell Hall
La Crosse, WI 54601**

OR register online at: **www.uwlcamps.com**

*online registration is provided by My Online Camp. Online fees apply and are not refundable by UW-La Crosse.

Registration implies permission for photos and publicity of 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 _____