



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

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**University of Wisconsin-La Crosse
 SPRING SWIMMING LESSONS 2009**

SPRING 2009
 www.uwlcamps.com



Saturday Mornings

March 28 - May 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!

Spring Swimming Lessons 2009:

Saturday Mornings

March 28 - May 9, 2009

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, 7, 8

Cost: \$65 per participant

(No class on April 11)

UW-L varsity swimmer Caitlin Joyce has been teaching swimming lessons at UW-L for the last four years and is in her second year as the supervisor of the swimming lessons program.

All classes will be held in Mitchell Hall Pool. All times and levels will be limited to ensure the proper instructor to student ratio. If signing up for classes after March 20, please call 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 Spring Swimming Lessons 2009

Cost: \$65.00 per participant

Level 1	Primary Skills	Child is comfortable alone in the water
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
Level 7	Competitive	High-level swimmer
Level 8	Springboard Diving	Child should be comfortable with deep water. Learn fundamentals of approaches, takeoffs and dives.

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 Spring Swimming Lessons 2009

Name(s) _____ Birthdate(s) _____

Skill Level(s) _____ Time Preference _____

Home Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Parent/Guardian _____

e-mail _____

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

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

*online registration is provided by Camp Registry. 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 _____