



2018-19 Academy Registration

Course descriptions:

Participant Name: _____

Participant Age: _____

Parent/Guardian Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: _____

Email: _____

Select your 45 min time slot:

- Saturday 9:00-9:45 AM
- Saturday 10:00-10:45 AM
- Saturday 11:00-11:45 AM
- Wednesday 5:30-6:15 PM
- Wednesday 6:30-7:15 PM

Class Desired:

- Pumpkinseed (level 1)
- Perch (level 2)
- Trout (level 3)
- Pike (level 4)
- Muskie (level 5)

Office Use:

Date: _____ Total Paid: _____

Receipt # (Attach Receipt): _____

Payment Type: Cash Credit Check #: _____

Aquatics Use:

Time Slot: _____ Level: _____

Pumpkinseeds: This is a course designed for children who have never been in the pool before. They will work on floating, kicking, entering and exiting the pool, lifejackets, pool safety and getting their heads wet. A fun atmosphere designed to have the children get comfortable with the water but also understand the dangers of it. Previously known as level 1.

Perch: Building on the previous skills, this course is for children who are comfortable in the water enough to try and learn skills so they can swim on their own. Introductions to arm movements, proper kicks, under water retrieval and self-supported swimming. Previously known as level 2.

Trout: This course introduces the front crawl and elementary back stroke. Building on the previous skills challenging the students to progress in their skills. With engaging games the students will look forward to each class. Like the previous lessons the instructor will continue to teach safety and rules regarding the pool. Previously known as level 3.

Pike: The course objective is to gain confidence and development in strokes previously learned. Increased endurance with front crawl and back stroke. Will also learn breaststroke, elementary back stroke and the basics of wall turns.

Muskie: Will work on coordination and development of key strokes. Butterfly will be introduced, as well as greater distances being achieved on their key strokes. After completing this course your child will be at an intro to competitive swimming level.



We are now introducing a new swimming lessons curriculum. Designed to be fun and challenging for all ages! With lesson plans specifically designed for entry level swimming skills. After your child goes through our program they will be comfortable with the basics of swimming strokes, treading water, diving, and water safety.

Pumpkinseeds: Level 1

Perch: Level 2

Trout: Level 3

Pike: Level 4

Muskie: Level 5

2018

October 3 – November 14

Wednesdays 5:30PM-6:15PM Levels 1 & 2

Wednesdays 6:30PM-7:15PM Levels 3, 4, & 5

October 6 – November 17

Saturdays 9:00AM-9:45AM Levels 1 & 2

Saturdays 10:00AM-10:45AM Levels 3, 4, & 5

Saturdays 11:00AM-11:45AM Levels 1 & 2

Dates are tentative and Subject to change

Cost: \$160/Participant

*\$140/Participant if you're registering more than one child; \$130/participant for current LSSU Faculty/Staff/Student/Norris Members

Please Bring Registration Form to the front desk of the Norris Center

Contact 906-635-2602 for information about private lessons.