



SwimAmerica is a program of the Waukesha Express Swim Team.
For more information about all of the Waukesha Express Swim Team programs,
visit our website at www.waukeshaexpress.org.

ONLINE REGISTRATION REQUIRED, at www.waukeshaexpress.org. Go to the Swim Lessons page and then scroll to the bottom of that page for online registration link.

SWIMMING LESSONS FALL 2014

Beginner, Intermediate and Advanced Swimming Lessons

Fall Session: September 2 - November 25, 2014 (12 classes), Cost: \$135.00
Classes are 40 minutes in length.

On Mondays, Tuesdays, Wednesdays, and Fridays we will offer classes at **Waukesha South High School** at the following class times: 6:30 PM, 7:15 PM.

On Saturdays we will offer classes at **Waukesha West High School** at the following times:
11:00 AM, 11:45 AM, 12:30 PM, 1:15 PM, 2:00 PM.

Waukesha South High School
401 E. Roberta Avenue, Waukesha
Enter at student parking lot - Tenny Ave.

Waukesha West High School
3301 Saylesville Road, Waukesha

We will not be able to take as many swimmers as in the past for our weekday class times.
Register early!

FITNESS AND TECHNIQUE CLASSES

ADVANCED SWIMMING LESSONS

(Replacing our Intro to Express/Pre Comp Group)

These classes are for swimmers that have reached an advanced level in swimming. The focus of this group will be technique and endurance, to prepare swimmers for an advanced or competitive level in swimming. This is a great class for all swimmers whether they want to use the class to stay fit, improve swimming skills or prepare for competition. We have one day/week and two days/week options.

Swimmers should be in station 7 at SwimAmerica or be able to do 25 yards freestyle and 25 yards backstroke. If you are unsure if your swimmer is ready for this group you can bring them in for an evaluation with one of our coaches.

Class are 50 minutes and will be offered at Waukesha South High School at the following times:
Tuesdays 7:30 PM, Wednesday 7:30 PM and Saturdays 10:00 AM. Swimmers can attend any one, or two days per week.

Fall Session: \$150 for one day per week, \$250 for two days per week

What group is right for your swimmer?

Preschool Lessons: Beginner swimming lessons for 3 and 4 year olds.

Beginner Lessons (Stations 1 - 4):

This is for swimmers that are new (or fairly new to swimming lessons) and not comfortable swimming on their own in the deep water. If you are unsure if your child is ready for the deep end then you should register for this group, we can always move them up if they are ready.

Intermediate Lessons (Stations 5 - 6):

Swimmers are in the deep end and working on endurance and stroke techniques. By the time they finish Station 6 they are ready to swim 25 yards Freestyle and Backstroke.

Advanced Lessons (Stations 7 - 10):

Swimmers are strong swimmers and are learning good stroke mechanics for Freestyle, Backstroke, Breaststroke and Butterfly.

If we need to make changes to these group assignments we will do so at the first week of classes. It is always better to move a child up, rather than down. If you are unsure choose the Beginner Lesson for your child.