



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 LATE WINTER/SPRING 2015

Preschool Lesson: for swimmers ages 3 and 4

Beginner, Intermediate and

Advanced Swimming Lessons: for swimmers ages 5 and up

All stations are offered during each class time so families with more than one child can all swim at the same time! Stations will be assigned for new swimmers at their first class. We have limited space in each class for preschool swimmers. Sign up early!

Late winter/Spring session: March 2 - June 8, 2015
Classes are 40 minutes in length, one class per week (13 lessons).

Cost: \$148.00

ALL CLASSES AT WAUKESHA WEST HIGH SCHOOL
3301 Saylesville Road, Waukesha

Class times offered below, you will choose one during online registration. If you want to have your child swim more than one time per week you can choose multiple classes.

Monday classes: 5:15 PM, 6:00 PM, 6:45 PM

Tuesday classes: 5:15 PM, 6:00 PM, 6:45 PM

Wednesday classes: 5:15 PM, 6:00 PM, 6:45 PM

Thursday classes: 6:00 PM, 6:45 PM (no 5:15 PM class on Thursdays)

Saturday classes: 9:00 AM, 9:45 AM, 10:30 AM, 11:15 AM

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 day/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.

Classes are 50 minutes and will be offered at **Waukesha South High School** at the following times: Tuesdays 7:15 PM, Wednesday 7:15 PM and Saturdays 10:00 AM. Swimmers can attend any one, or two days per week.

Fall Session: \$135 for one day per week, \$225 for two days per week