



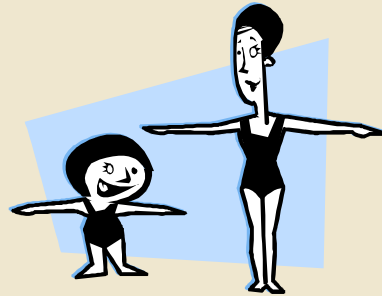
Lesson Registration

The Barracuda Swim Team is now beginning registration for the next session of swim lessons, which will be held at Reuther High School pool on Sheridan RD in Kenosha. Lessons are open to swimmers 4 yrs and up. **Fees for all sessions are \$45 (plus \$25 starter fee if new to the program).**

To register for this session, please fill-out the form, detach it, and mail it back along with payment, or join us for a placement session on September 8th or 9th. Upon receipt of your form and payment, a confirmation will be mailed out to notify you of the day and time that your swimmer(s) was scheduled. Each class has a minimum of 3 swimmers and a maximum of 7 swimmers. Your first choice may not be met. We will do our best to place all swimmers in a class or their choice, but registration is on a first-come/first-serve basis. Please include at least two class choices. Classes fill quickly so it is recommended that you register early. **All registration forms and fees must be turned in, or received by Sept. 10th. No late registrations will be accepted. No phone or e-mail registration will be accepted.**

Mail completed registration forms and fees to:
Maggie Schumm, BST Feeder Team Coordinator
1021 Prairie Drive
Unit 204
Racine, WI 53406

With any questions, please call 262.697.9960 or e-mail maggie@kenoshabarracudas.net



About BST Feeder Team

The Kenosha Barracuda Swim Team (BST for short) is incorporated as a non-profit, non-religious organization and is governed by the parents of the participating competitive swimmers. BST is one of approximately 64 swim teams in the state that is registered with Wisconsin Swimming and USA Swimming. These two organizations are the state and national organizations which establish the rules and regulations under which our swim club operates. BST has been providing the community with a competitive swim team for all ages since 1969.

BST Swim Lessons

Fall I 2010



A learn to swim program that teaches basic water mastery, proper stroke techniques and prepares students for a competitive program.

Maggie Schumm
BST Feeder Team Coordinator
maggie@kenoshabarracudas.net
262.697.9960
www.kenoshabarracudas.com

This activity and/or material is not sponsored by the School District or it's personnel.

Placement Sessions

New? Join us for a placement session.

Bring your new swimmer ready to hop in the water for 5- 10 minutes with an instructor and we'll make sure they register for the appropriate level. Registration may also be completed at the placement session.

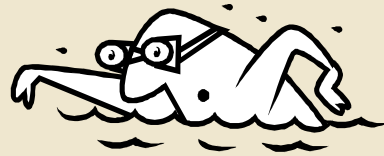
Placement Sessions @ Reuther HS Pool
Wednesday Sept. 8th 4:30- 6:00 PM

Thursday Sept. 9th 4:30- 6:00 PM
No appointment is needed.

Feeder Team Policies

Please take a few minutes to review our policies regarding swim lessons. Your cooperation is greatly appreciated as it allows our lessons to run smoothly.

- **Due to insurance guidelines, parents or guardians are not permitted on the pool deck during lessons.** The bleacher area is available for anyone who wishes to stay for the duration of the lesson (s).
- **If you have any questions, comments, or concerns please contact Maggie, not the instructors.** Instructors need to concentrate on the swimmers in the water for safety and instruction.
- **Credits are only available if the Barracuda Feeder Team has cancelled the lesson. No refunds.**
- Report cards, evaluating the swimmers progress, will be handed out on the last day of class. This day is specifically set aside for testing. Information pertaining to the next session and registration will also be provided at this time.
- **Late registrations will not be accepted.**
- We reserve the right to cancel, add or combine classes based upon registration needs.



Lesson Levels

Level 1 Skills:

- Floating on front and back unsupported.
- Straight-leg kicking on front and back.
- Coordinated pull and kicking action on stomach.
- Concept of rotary breathing.
- Coordinated arm and kicking action on back.

Level 2 Skills:

- Backstroke kick and pull.
- Freestyle kick, pull and rotary breathing for 25 yards.
- Bent-elbow pull concept for free style.
- Streamline push-off on stomach and back.
- Breaststroke kick on stomach and back.

Level 3 Skills:

- Backstroke 50 yards with body roll.
- Freestyle 100 yards, high-elbow recovery.
- Underwater streamline push-off, stomach and back.
- Breaststroke 25 yards.

Advanced Level Skills:

- Begin butterfly kick, arm motion and turn.
- Backstroke 50 yards.
- Breaststroke 50 yards with proper streamline and pull-out.
- Freestyle 200 yards with rotary breathing and the idea of flip turns.

Registration Form

Session 1: Mondays, Sept. 13th- Oct. 18th
4:15- 5:00 (Levels 1, 2, 3)
5:00- 5:45 (Levels 1, 2, 3)
5:45- 6:30 (Levels 1, 2, 3)
6:30- 7:15 (Advanced only)

Session 2: Tuesdays, Sept. 14th- Oct. 19th
4:15- 5:00 (Levels 1, 2)
5:00- 5:45 (Levels 1, 2)
5:45- 6:30 (Levels 1, 3)

Session 3: Wednesdays, Sept. 15th- Oct. 20th
4:15- 5:00 (Levels 1, 2, 3)
5:00- 5:45 (Levels 1, 2, 3)
5:45- 6:30 (Levels 1, 2, 3)
6:30- 7:15 (Levels 1, 2, 3)

Session 4: Thursdays, Sept. 16th - Oct. 21st
4:15- 5:00 (Levels 1, 2)
5:00- 5:45 (Levels 1, 2)
5:45- 6:30 (Levels 1, 3)
6:30- 7:15 (Advanced only)

\$45/swimmer + \$25 beginner fee if new
Make checks payable to Barracuda Swim Team
Registrations due Sept. 10th. No late registrations.

Swimmer(s) name: _____ Level: _____

Session and Time Choices:

#1 _____

#2 _____

Address: _____

Phone: _____

E-mail Address: _____

Parent name: _____