

Wildcat Aquatics 2023 Summer Swim Lessons

Neuqua Valley will be the location for swim lessons once again this summer! Classes are structured by ability level and students are tested on the first day of lessons to be placed in the appropriate level. You may register for any class regardless of ability.

All classes will be taught in the small pool (3-4 feet deep) with an instructor in the water. *Instructional groups will be small, and groups are 4 or less students per instructor.*

If a child can swim in 12 feet of water with side breathing, we recommend the Wildcat Aquatics Swim Camp. However, swimmers that can swim in deep water will still benefit and can attend these lessons. If a swimmer has mastered our lessons, there may be an opportunity to move them to our swim camp (if space is available).

What do we teach at swim lessons? We have changed our level system to the following:

Level 1--Beginning level, getting comfortable in the water and beginning to float.

Level 2- Learning and mastering floating on front and back with glides.

Level 3- Learning to do freestyle and backstroke.

Level 4- Mastering freestyle side breathing along with a good backstroke. Also, learning to tread water to be ready for deep water. Yes--even our tall instructors can tread water in 4 feet of water.

Level 5- Learning all 4 strokes. Once a level 5, consider our swim camp or a swim team.

ALL Lesson swimmers will be tested on the first day of each session and assigned the appropriate level. They will advance to the next level when they are ready!

Minimum Age: MUST be entering 1st grade in the fall of 2023. No exceptions.

There will be NO makeup classes and students are only allowed to attend during their scheduled time.

Questions: Contact Chad Allen at the following email chad_allen@ipsd.org or 630-428-6862. Email is preferred.

REGISTRATION FORM--[CLICK HERE](#) or visit

www.neuquavalleyaquatics.com