

# Millard West Summer Swim Lesson Information

Millard West will **NOT** be offering swim lessons this summer (2017).

Millard West will have major construction projects being done to the interior of the building and will be closed from May 30<sup>th</sup> until school opens in mid-August.

If you want to take Millard Public Schools swim lessons this summer you will have to take them at Millard South or Millard North.

**Millard West will offer swim lessons this fall and that information is on the page below this one.**

**Again, we are sorry for this inconvenience.**

**We want you to come back to the Millard West lesson program in the fall.**

**Colleen Deacon will be the NEW aquatic's director for Millard West this fall.**

**Coach Stauffer is retiring in May.**

**So please direct your questions to her this fall.**

Thank you,

Tracy Stauffer

Aquatic's Director

Millard West High School

# **MILLARD PUBLIC SCHOOLS - Millard West High School LEARN TO SWIM PROGRAM – FALL 2017**

**REGISTRATION:**        **SATURDAY, August 26<sup>th</sup> - 8:00 A.M. TO 9:30 A.M.**  
                                       **TUESDAY, August 29<sup>th</sup> - 6:00 P.M. TO 7:00 P.M.**

**MILLARD WEST:**    5710 SOUTH 176TH AVENUE (Please use the WEST entrance doors)

**AGES:**                4 YEAR OLDS AND ABOVE

**COST:**                MILLARD RESIDENTS    \$50.00                NON- RESIDENTS \$60.00

**REFUNDS:**        Any refund requests must be submitted by end-of-day on the first day of classes for that session. No refunds will be given after that day.

**CLASS CHANGES:** If you need to change the class 'time or level' for the session you are signed up for, you must do this by the end of the **2nd day of classes. No changes will be made after this.** Changes will only be made if we have room in that class. We hire teachers based on the number of swimmers that sign up. Ratio's will never be expanded, Level 1 will always be 3 to 1; Level 2 is 4 to 1; Level 3 is 5 to 1. **Temporary changes cannot & will not be allowed.**

### **DATES for CLASSES:**

**September 9<sup>th</sup> / 16<sup>th</sup> / 23<sup>rd</sup> / 30<sup>th</sup>    October – 7<sup>th</sup> / 14<sup>th</sup> / 21<sup>st</sup> / 28<sup>th</sup>**

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### **SPRING SCHEDULE of CLASSES**

<b><u>LEVEL'S 1, 2 &amp; 3</u></b>	<b><u>LEVEL 4</u></b>	<b><u>LEVEL'S 5 &amp; 6</u></b>	<b><u>DIVING</u></b>
8:00	8:00	9:20	9:00
8:30	8:40	10:00	9:30
9:00	10:40		10:00
9:30	11:20		10:30
10:00			11:00
10:30			
11:00			
11:30			

If you are not sure which level to put your student in, here is a good rule to follow – if they can do 50% or less of the skills in a level, then put them in that level. If they can do 80 – 90% of the skills, then decide if you want to push them ahead or have them refine the skills in that level.

**THE SWIM INFORMATION & SKILL LEVELS ARE ON LINE @ <http://www.mpsomaha.org/mwhs/>**

To find the Level's & Information: Look under the Activities tab

Any other questions about swimming lessons call:

**Colleen Deacon, Aquatics Director at Millard West**

**715 - 6005 POOL OFFICE / 715 – 6000 MILLARD WEST MAIN OFFICE**

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If you are interested in **competitive** Swimming or Diving contact:

**MILLARD AQUATIC CLUB - DAVID EDWARDS** @ millardaquaticclub@gmail.com.

**Diving Team - Millard Omaha Dive Squad** – millardomahadivesquad@cox.net

## Level I: Intro to Water Skills

- Enter water unassisted
- Bob 5 times
- Move 5 yards along the wall
- Exit water
- Exhale underwater
- Front float, 5 seconds with support
- Back float, 5 seconds with support
- Roll over with support
- Alternating arm action, Front
- Alternating leg action, Front
- Alternating arm action, Back
- Alternating leg action, Back
- Exit assessment # 1 Enter unassisted, move 5 yards, bob 5 times & exit water.
- Exit assessment # 2 – Float on front w/support for 3 seconds, roll to back (with assistance) & float on back with support for 3 seconds.

## Level II: Fundamental Aquatic Skills

- Jump into water from side
- Completely submerge for 5 seconds
- Front float, 5 seconds
- Back float, 5 seconds
- Jellyfish float, 5 seconds
- Front glide
- Back glide
- Change direction
- Roll over
- Tread water, using arms and legs
- Finning or sculling on back, 10 feet
- Combined stroke on front, 15 feet
- Combined stroke on back, 15 feet
- Exit assessment # 1 – Step from side into chest deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds & return to a standing position.
- Exit assessment # 2 – Push off & swim using combination of arms & leg actions for 15 feet on front; push off & swim using a combination of arm & leg actions for 15 feet on the back.

## Level III: Stroke Development

- Jump into deep water from side
- Dive from side
- Rotary breathing, horizontal position
- Survival float, 30 seconds
- Back float, 30 seconds
- Change positions in deep water
- Tread water, 30 seconds in deep water
- Front crawl, 15 yards
- Back crawl, 15 yards
- Butterfly kick and motion, 15 feet
- Exit assessment – Jump into chest deep water from the side, swim 15 yards with face in the water & rhythmic breathing pattern, and maintain position by treading or floating for 30 seconds & swim back crawl for 15 yards.

## Level IV: Stroke Improvement

- Dive from side
- Swim underwater, 3 body lengths
- Feet-first surface dive
- Survival float, 1 minute
- Back float, 1 minute
- Open turns
- Tread water, 1 minute
- Front crawl, 25 yards
- Back crawl, 25 yards
- Butterfly, 15 yards
- Breaststroke, 15 yards
- Elementary backstroke, 15 yards
- Scissors kick, 15 yards
- Exit assessment # 1 – Perform a feet first entry into chest deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (floating or sculling) & swim elementary backstroke for 15 yards.
- Exit assessment # 2 – Swim breaststroke for 15 yards, tread water for 1 minute & swim back crawl for 25 yards.

## Level V: Stroke Refinement

- Swim underwater, 15 yards
- Tuck surface dive
- Pike surface dive
- Survival float, 2 minutes
- Back float, 2 minutes
- Flip turn, Front
- Flip turn, Back
- Tread water, 2 minutes
- Front crawl, 50 yards
- Back crawl, 50 yards
- Butterfly, 25 yards
- Breaststroke, 25 yards
- Elementary backstroke, 25 yards
- Sidestroke, 25 yards
- Exit assessment # 1 – Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) & swim elementary backstroke for 25 yards.
- Exit assessment # 2 - Swim Breaststroke for 25 yards, tread water for 2 minutes & swim back crawl for 50 yards.

## Level VI: Personal Water Safety

- Front crawl, 100 yards
- Back crawl, 100 yards
- Breaststroke, 50 yards
- Elementary backstroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards
- Open turns
- Flip turns
- Cooper 12 minute swim test
- Exit assessment # 1 – Swim 500 yards continuously, using the strokes in the following order; 100 yards front crawl, 100 yards back crawl, 50 yards breaststroke, 50 yards elementary backstroke, 50 yards butterfly, 100 yards your choice.
- Exit assessment # 2 – Jump into deep water, perform a survival float for 5 minutes, roll onto back & perform a back float for 5 minutes.
- Exit assessment # 3 – Perform a feet first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface & return to starting point.