



swimming info: rockwallswimming@gmail.com

Website: rgactx.com

SWIMMING LESSONS – 2019

Lessons Philosophy:

Our intentions are to provide a solid foundation for your child in the water in each level so they can develop the proper skills to be able to move to the next level within the program and to learn to swim for safety as well.

Class sizes: The goal is to keep classes small and fun. Even though private lessons have many advantages, teaching in a small group setting is more fun and kids tend to learn from other kids. Many times, they will learn faster that way and they will also have the opportunity to swim with friends. We would like to have the squirts class take between 4 and 5 swimmers. For the levels (1-5) ideally, we would like 5 to 6 swimmers in each level. Parent Todd's classes can take as many as we would fit as each parent or guardian will be in the water with the instructor.

Coach Wagner da Silva coaches at the Rockwall Aquatic Center. Prior to coming to Rockwall, he was a coach for 21 years in Wisconsin and he has been coaching for over 30 years with vast experience teaching little kids from infants to Triathletes. Wagner also was very fortunate to be named by his fellow coaches in the state of Wisconsin as the Age Group Coach of the Year for 2008.

Session 1 – June 4 – June 14

Session 2 – June 18 – June 28

Session 3 – July 2 – July 12

***Early registration – May 4th from 5:00-5:30 at RGAC - 2600 Champions Dr, Rockwall.**

***Evaluations for skill levels will be the first day of classfor**

Swimmer will be placed in classes with peers with similar skills.

ALL SESSIONS are Monday through Thursday with no classes on Fridays. Please refer to Registration sheet for times.

For registration and questions please contact Coach Wagner at: rockwallswimming@gmail.com or you can call/text me at 608-335-2318

SQUIRTS	AGES	Common skills	Difference
Parent Todd	3 & Under (6 Month old babies are OK)	3 and under – (3 year old child that does not go under water and needs the parent in the water) <i>All parents/guardian must get in the water with child</i>	
Squirts - A	3-5 yrs	Head in the water Blow bubbles (nose) front and back float Squirt A are for kids that have NO water experience	With assistance
Squirts - B	3-5 yrs	Head in the water Blow bubbles (nose) front and back float Squirt B is for kids that are comfortable with water but have no skills	Some assistance
Squirts - C	3-5 yrs	Floating- front and back – flutter kicking front and back Intro to front crawl (arm pull individually) mostly w/ board Intro to breathing (front crawl) and safety skills Back crawl with assist – mostly kicking	Little or no assistance
LEVELS		Emphasis	Main Focus
Level 1 (A+B+C)	6 & Older	Same as Squirt C 6 years or older	FREESTYLE (Front Crawl) & BACK (Crawl)
Level 2	6 & Older	<u>Front crawl</u> without board and breathing <u>Back crawl</u> without assistance Intro to treading water Basic Safety	
Level 3	6 & Older	<u>Front Crawl</u> – 10yds <u>Back Crawl</u> – 10yds Continue to work on Front & Back Crawl Treading water- 90 seconds or more Diving/Kneeling Intro to breaststroke, deep water entry and more safety skills	
Level 4	6 & Older	Front Crawl – 25yds <u>Breaststroke</u> Sculling on the back Elementary Backstroke	BREASTROKE & BUTTERFLY
Level 5	6 & Older	Front Crawl – 50yds Breastroke – 10yds Butterfly Safety skills	
Private lessons	\$40 each	On an individual basis	On Individual basis



swimming info: rockwallswimming@gmail.com

Website: rgactx.com

SWIMMING LESSONS REGISTRATION
Rockwall Golf & Tennis Club – Summer 2019
Under Coach *Wagner da Silva*

Please *read course description* before picking a level for your child

Group Lessons: **One session (8 classes):**

RGAC Members: \$180 Non-members: \$210

*1st sibling 10% off, 2nd sibling 20% off enrolled in the same session

? Questions ? – rockwallswimming@gmail.com or you can call/text me at 608-335-2318

Fee Enclosed:

Cash: \$ _____

Check: Make the check to
Wagner Dasilva

Check # _____ \$ _____

Swimmer's Name: _____ M/F DOB _____ Age _____

Parents' name: _____ Cell # _____

Parents' name: _____ Cell # _____

Address: _____

Emergency name and cell # _____ Date: _____

e-mail(s): _____

e-mail(s): _____

For private lessons please contact me at rockwallswimming@gmail.com or you can call me at 608-335-2318

****Early registration – May 4th from 5:00-5:30 at RGAC - 2600 Champions Dr, Rockwall.***

****Evaluations for skill levels will be the first day of class for each session.***

*If necessary classes will be combined

Session 1 – June 3 – June 13 (Monday-Thursday)

___ 10:00 - 10:40a.m. – Squirts A, B, C - Levels 1, 2, 4, 5

___ 10:40 – 11:20a.m. - Squirts A,B,C - Levels 1, 2, 3, 4

___ 11:20 – 11:50 – *Parent Todd

*Parent Todd classes are for 30 minutes and guardian needs to be in the water with child

Session 2 – June 17 – June 27 (Monday-Thursday)

___ 10:00 - 10:40a.m. – Squirts A, B, C - Levels 1, 2, 4, 5

___ 10:40 – 11:20a.m. - Squirts A,B,C - Levels 1, 2, 3, 4

___ 11:20 – 11:50 – *Parent Todd

*Parent Todd classes are for 30 minutes and guardian needs to be in the water with child

Session 3 – July 1 – July 12

This session we will meet Mon-Fri - *July 4 and 10 there will be no class*

___ 10:00 - 10:40a.m. – Squirts A, B, C - Levels 1, 2, 4, 5

___ 10:40 – 11:20a.m. - Squirts A,B,C - Levels 1, 2, 3, 4

___ 11:20 – 11:50 – *Parent Todd

*Parent Todd classes are for 30 minutes and guardian needs to be in the water with child