

Clair T. Blikre Activities Center

<http://www.ndscswildcats.com/facilities/pool/>

NO Classes- Nov. 23th – Thanksgiving Day

Water Aerobics

***A DROP IN CHARGE IS \$5.00

Tues 8:30-9:20am

Session I: Oct 3rd - Dec 5th
\$38

Thurs. 8:30-9:20am

Session I Sept 28th – Dec 7th
\$38

Deep Water Aerobics

(Floating devices used)

Wed at 5:30-6:00 PM

Wed – Oct 4 – Dec 6

\$38

Swimming Lessons

Fall classes – One-on-One Lessons

(Description of levels to follow)

4 classes for \$70 – Must Pre-register

felisa.mastel@ndscs.edu or 671-2625

* Spring Swimming in March, 2018

One-On-One's (Description to follow)

4 classes for \$70 – Must pre-register

felisa.mastel@ndscs.edu or 671-2625

Birthday Party's

Standard Party – 2 Hours \$70.00

Swim Techniques (Level 6+)

Swimmers will swim workouts, swim drills to learn better technique, relays while having fun in the water. Swimming is excellent for cross-training and may increase lung capacity. Swimmers may increase endurance and speed, while encouraging lifetime fitness.

Swimmers, Tri-athletes, cross-training, musicians.....

***A DROP IN CHARGE IS \$5.00

Fall 2017 – Wednesday at 6 PM

Session I Oct 4 – Nov 3 **\$38**

PADI Open Water SCUBA (6-Classes)

(Ages 12 and up)

Michael Knorr, PADI Certified Instructor

Call **701-238-3483** for more information.

This is a great opportunity to complete all the classroom and pool requirements for the PADI Open Water Diver Certification. The class will go from 6:00 pm – 10:00 pm for six (6) Thursdays. The time is split between classroom and pool. The cost for the course is \$285 + \$5.95 shipping for materials. This fee includes all of your learning materials (PADI Open Water Manual, dive log, electronic dive calculator and instruction booklet). It also includes all instruction and use of all necessary equipment in the pool. The course is limited to ten (10) participants. You also need to have your materials sent out in advance so you can start section #1 in the manual before our first meeting. For this reason, register early to guarantee a spot and have time to do the pre-study.

Thurs 6:00-8:00pm Classroom 172
 8:00-10:00pm Pool

Dates: Nov 2 – Dec 14

Fee \$285.00

Plus shipping and handling \$ **6.50**

NO CLASS NOVEMBER 23rd - THANKSGIVING DAY

One-On-One's (Description to follow)

4 classes for \$70 – Must pre-register

felisa.mastel@ndscs.edu or 671-2625

LAP SWIMMING HOURS

Mon - Fri. 6:00am - 7:45am

Mon-Wed-Fri. 11:30am – 12:45 pm

Mon - Thurs. 5:00pm - 6:00pm

Swim passes available - Purchase at Clair T. Blikre Activities Center-North Entrance Pool or registration desk

Open Swim Hours

Sunday

2:00pm – 4:00pm

6:00pm – 8:00pm

Mon & Wed

7:00pm – 9:00pm

Birthday Party's

Standard Party - 2 hours \$70.00

Group Spring Swim lessons begin in March - 2018

American Red Cross Aquatics Program

Questions - Contact felisa.mastel@ndscs.edu or 701-671-2625
 (NDSCS may change or cancel classes due to low enrollment-)
 (Swimmers not potty trained must wear swim diapers.)

NDSCS REGISTRATION FORM

Name _____

Parent/Guardian's

Name _____

(If child is main registrant)

Address _____

City _____

State, Zip _____

Daytime Phone _____

E-Mail Address: _____

Class # _____ Session _____

Class # _____ Session _____

Class Name _____

Preschool w/Adult

Preschool without Adult Level Classes

Circle One: 1 2 3 4 5 6

Fee for Class \$ _____

MAKE CHECKS PAYABLE TO NDSCS

MAIL TO: NDSCS Aquatic Department

800 6th Street N

Wahpeton ND 58076

IN PERSON: NDSCS – Activities Center

11th Street / 14th Ave N

Mon- Fri. 8:45am – 4:30pm

In person Credit Card acceptable—

Credit Card: VISA MC DISCOVER

Water Aerobics

An excellent exercise improving overall fitness, tones the body, and reduces fat. Water exercise is kinder to joints as the water supports our bodies and offers more resistance for strength training. There is no need to buy special equipment or clothes. No swimming skills needed to perform water aerobics as your body remains vertical during the entire exercise program.

Preschool with Adult

The goal of this class is to help children (from ages 6+ months) become acquainted with the water and to teach parents how to help their children to become more comfortable in the water.

Level 1 (Typically ages 4-10)

Children become comfortable with their face in the water and swimming on front and back with support. Skills worked on will be bobs, bubble blowing, floating with support, and swimming with assistance for 5 yards.

Level 2 (Typically ages 4-10)

The purpose of this course is to give students success with fundamental skills. Students will practice skills such as treading water, floating and swimming 5 body lengths horizontally.

Level 3

The purpose of this course is to build on the fundamentals of locomotion and safety skills learned in level 2. Students will practice skills such as jumping into deep water, diving, front crawl with rhythmic breathing for 15 yards, and elementary backstroke for 15 yards.

Level 4

The purpose of this course is to develop confidence and competency in aquatic locomotion and safety skills. Students will practice skills such as diving from the side in the standing position, treading water for 2 minutes, front crawl for 25 yards using rhythmic breathing and body roll, breaststroke for 15 yards using proper timing (pull, breathe, kick, glide), elementary backstroke for 25 yards, back crawl for 15 yards with body roll, butterfly for 15 yards and scissors kick on side for 15 yards.

Level 5

The purpose of this course is to coordinate and refine key strokes learned in previous levels. The major skills in this level are tread water, front crawl for 50 yards with minimal head movement, breaststroke for 25 yards body horizontal, butterfly for 25 yards, elementary backstroke for 50 yards with arms fully extended at glide, back crawl for 25 yards with bent arm pull, and sidestroke for 25 yards with glide.

Level 6

The purpose of this course is to develop proficient strokes and safety in the water. Swimmers swim longer distances and may register for four different emphasis areas within the American Red Cross program. Students will practice endurance swimming, turns, dives, and safety practices.

Participants passing level 6 are encouraged to register for NDSCS's Swim Techniques class.

One-on-One Lessons

We realize not all students succeed in a group environment or may want more individualized attention. To fulfill these needs, our program offers flexible, high-quality one-on-one lessons. These lessons are by arrangement for individuals of all ages and abilities. Space is limited.

Adult Swim lessons (or older youth)

Swimmers will focus on swimming and treading while becoming comfortable in the water.