




Welcome Packet

Building Swimmers A Lesson At A Time!!

Lets Get Started:

- 
- 1 Find a seat on the **FIRST** set of **Bleachers**- By the **TUTU**
 - 2 Get your swimmer ready for their evaluation: **SUIT ONLY!!**
 - 3 Use restrooms **BEFORE** evaluation if needed (Use Bathrooms by the Diving Well)
 - 4 Have swimmer SIT ON FIRST SET OF BLEACHER insidedoor **Bottom 2 Bleachers ONLY FOR KIDS!!!**
 - 5 Have swimmers wear **GREEN WRIST BAND** for lesson
 - 6 Have swimmer **WEAR EVALUATION LANYARD**- give to coach when asked
 - 6 Pick-up **FLAG CERTIFICATE** with level info- **ON WAY OUT** (near sign in table)



Locations:

Cedarburg High School Pool:

South Parking Lot- Bulldog door #8
W68 N611 Evergreen Blvd, Cedarburg



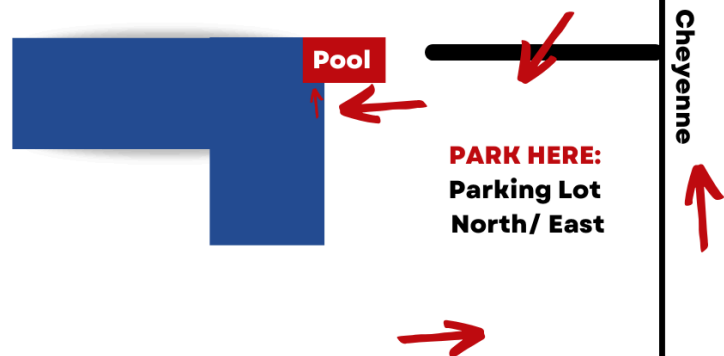
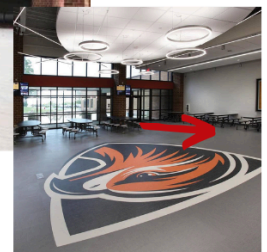
Welcome Video to CHS



Location: Grafton Pool



Grafton
Entrance Video:



Highway 60 towards Highway 43

Make-Ups:

At this time the # of make-ups will = # of reported absences

Limit: 2 Per Session Please

Schedule Early

Absences in **PINK**

Make-ups in **YELLOW**



REGISTER HERE!



SATURDAY MAKE-UPS CLICK
HERE



TUESDAY MAKE-UPS CLICK
HERE!!

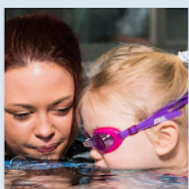


11/30 - ADDED MAKE-UP FOR
11/1

How to MAKE-UP Video:

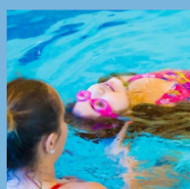


Swim America Levels: moving up levels at their pace!



Level 1

Bubbles
Bobs



Level 2

Front Float
Back Float



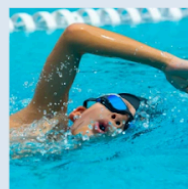
Level 3

Front Streamline Kick
Back Streamline Kick



Level 4

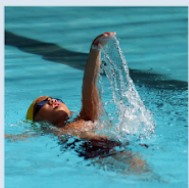
Front Crawl



Level 5

Freestyle
Into Backstroke

Level Up Video:



Level 6

Backstroke
Endurance



Level 7

Breast Stroke Kick



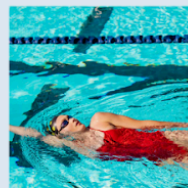
Level 8

Breast Stroke Arms
Butterfly Kick



Level 9

Butterfly Arms



Level 10

Elementary Back Stroke
Side Stroke

Level Up Certificates:



Advancement Goals:

- 1 On the back of the Flag certificate
- 2 Lays out advancement goals needed to move to the next level
- 3 Helps guide conversations with your child about WHAT IS COMING NEXT!



Orange Band

Need/ Want MORE Feedback?

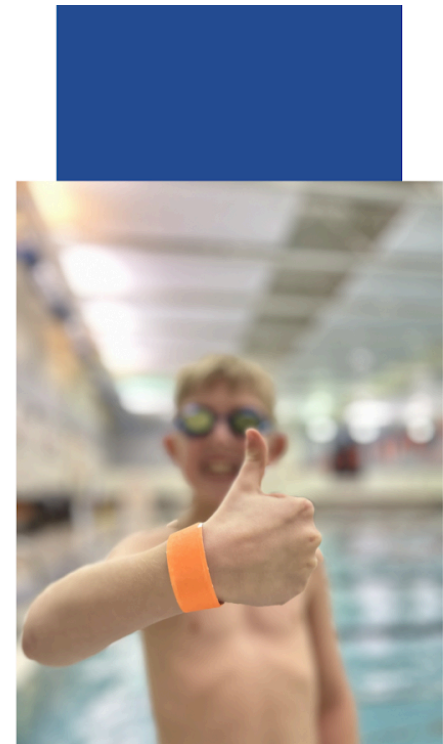
Ask the sign-in table for an orange wristband. This lets our teaching staff know you would like a follow-up - SAME DAY!



No wristbands available?

Just ask your child's teacher for feedback after lessons- they will be happy too!!!

ONE OF OUR TEAM WILL PROVIDE FEEDBACK
AFTER EVAL



Leave a 5-star Review

Level 2 Swim Parent Review

Wow! Talk about a great experience. Our son (4) went from scared to water bug in less than five minutes. Anna was the perfect instructor to get our boy into the water and all smiles. Afterwards all he wanted to do was find another pool. Thanks Anna and swim America for your patience and support. We are excited for are remaining lessons.



Level 4 Swim Parent Review

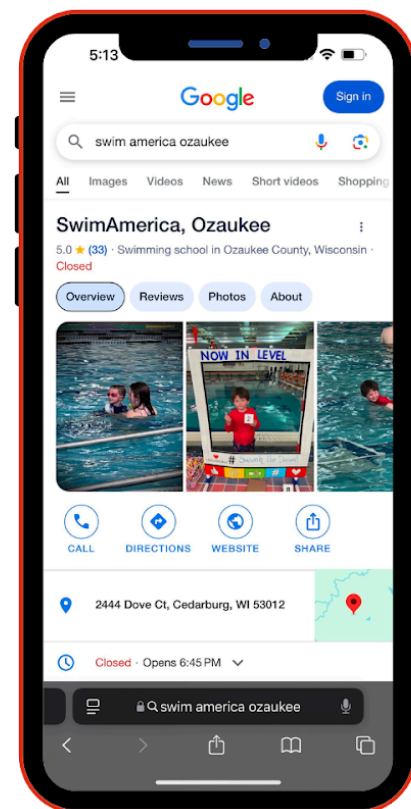
Colton and our son were grouped together at random and it has been such an amazing match! On top of being patient, kind and energetic, Colton is engaging and really knows how to push our kiddo to be his best! We are so happy with our big guy's progress and we would highly recommend!



Thank Your Teacher

Leave a 5-star Google review for your Swimmer's Teacher! We will buy them Lunch at our local Out and Out!

Thank you to Out and Out for Partnering with us!



SAST- Levels 6+

Taking Learn to Swim to the NEXT LEVEL! SwimAmerica Swim Team (SAST) started with our own two swimmers. Bored of lessons, they wanted something more!

SAST was born!



SAST Meet Video:



Freestyle, Backstroke, Butterfly, Breaststroke
Starts and Turns

Endurance Training

Setting Goals & Beating your best times at swim meets!

SAST is a great next step for the swimmer ready for MORE!

SAST Practice Groups

Intro - Intermediate - Advanced

RED



Diving Well

-Intro Level-
Work On Endurance
Freestyle, Backstroke, and
Breaststroke Kick
Diving

WHITE



Shallow Lanes

-Intermediate-
Longer Swimming
Freestyle, Backstroke, and
Breaststroke
Starts and Turns

BLUE



Deep Lanes

-Advanced-
Stoke Fine Tuning
Freestyle, Backstroke,
Breaststroke, and Butterfly
Competitive Swim Prep

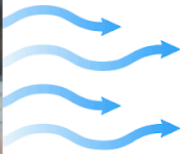
Why Choose

SAST?

Kid to Kid



Learning Life Long Skills



SwimAmerica™

SwimAmerica™
Swim Team

