



Aquatics *guide*

Winter 2025

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Come inside this winter!

Let us help you get through the long winter months by keeping the kids active at the Aurora Wellness Center!

Our Aquatic Programs provide opportunities for everyone age 6 months to adult. Whether it's swim lessons or American Red Cross aquatic certification courses, Aurora Wellness Center offers something for everyone.



<https://www.facebook.com/groups/AuroraWellnessCenter/>

300 McCanna Parkway, Burlington, WI 53105

📞 262.767.7000

🌐 www.aurora.org/AWC

- Calendar of Events
- Private Swim Lessons



Private Swim Lessons

Private lessons are available for any age and ability. Our instructors are trained to teach you no matter what your goals, from introductory swimming skills to refinement of advanced strokes. All private lessons are 30 minutes in length and can be scheduled at your convenience year round. Private (1 swimmer), Private +1 (2 swimmers of similar abilities and goals), and Private +2 (3 swimmers of similar abilities and goals) are available.

Private Lesson - one swimmer
All lessons are 30-minutes in length.

	Member	Non-member
1-lesson	\$26	\$32
5-lessons	\$120	\$150
10-lessons	\$220	\$280

Private +1 Lesson - two swimmers

Price is per person; swimmers of similar abilities and goals. All lessons are 30-minutes in length.

	Member	Non-member
1-lesson	\$17	\$21
5-lessons	\$75	\$95
10-lessons	\$130	\$170

Private +2 Lesson - three swimmers

Price is per person; swimmers of similar abilities and goals. All lessons are 30-minutes in length.

	Member	Non-member
1-lesson	\$15	\$17
5-lessons	\$65	\$75
10-lessons	\$110	\$130

Calendar of Events

- Monday, December 16 - Member registration for Winter Learn-to-Swim and Swim Club, 10am
- Tuesday, December 17 - Member and Non-member registration for Winter Learn-to-Swim and Swim Club, 10am
- January 6 - Winter Learn-to-Swim session begins, 1/6 to 3/8
- January 7 - Winter Swim Club session begins, 1/7 to 3/8





Coming This Spring

Lifeguard Training & Community First Aid (Waterfront Inclusive)

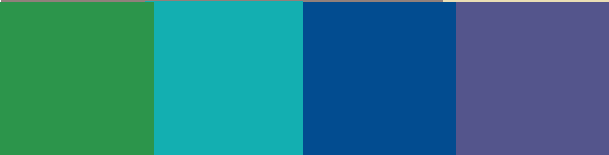
&

Lifeguard & Community First Aid and CPR/AED Recertification Classes.

Helping swimmers of all ages and levels

Aurora Wellness Center is pleased to offer a complete aquatics training program that addresses the needs of swimmers of all ages and levels—from beginner to advanced. As always, Aurora Wellness Center aquatic department follows the American Red Cross format CPR/AED for the Professional Rescuer and Standard First Aid. It is our goal to provide you with an energetic, highly motivating and safe environment in which everyone can Learn-to-Swim.

Winter Learn-to-Swim Session January 6 - March 8, 2025	Winter Registration Members Monday, December 16 10am
Winter Swim Club January 7 - March 8, 2025	Members & Non-members Tuesday, December 17 10am Open Registration starts December 18



Adult Swim Lessons - 5 Weeks

AB Adult Beginner/Intermediate

If you've never learned to swim or need to work on your technique, let our certified instructors help. Learn swimming strokes and skills needed to become water competent, which is a combination of knowing water safety, and improving your technique. Class is available to age 15+.

Mondays, 6:00—6:45pm \$50/\$65
January 6— February 3, 2025





Parent & Tot Learn-to-Swim

Parent & Tot classes require the parent to be with their child in the pool. A minimum of 3 students and maximum of 8 students are accepted in each class. Classes are 30 minutes in length and held in the warm-water pool.



Parent & Tot (6 months to 3 years)

Emphasis is placed on introducing your child to water using a variety of fun activities including songs and games. This class will prepare your child for further swimming instruction with the introduction of basic water skills. \$75/\$90

Preschool Learn-to-Swim

The Preschool program is designed to adequately prepare your 3 - 5 year old child for the youth program. Preschool class participants are *not* accompanied by their parent in the water. Parents will observe from the Pool Observation Deck on the upper level. A minimum of 3 students and maximum of 4 students are accepted in each class. Preschool 1 and 2 classes are 30 minutes in length, while the Preschool 3 classes are 45 minutes in length.



Transition to Preschool

Designed for 2 1/2 - 3 1/2 year old swimmers ready to experience their first class without the presence of a parent. Sessions will begin in our warm-water pool, transitioning to the competition pool. Skills will be the same as Preschool 1 focusing on water adjustment. \$75/\$90



Preschool 1

Basic water skills such as water entry and exit, kicking and floating will be the main emphasis along with a focus on pool safety rules. The main objective of this class is swimming instruction without the presence of a parent made possible with a variety of fun activities and games. This is the perfect class for those experiencing fear in the water or with no previous lesson experience. \$75/\$90



Preschool 2

Emphasis remains on fun; beginner stroke techniques, individual swimming skills and underwater exploration are also taught. Previous lesson experience is not required providing the student experiences no fear in the water or away from mom and dad. \$75/\$90



Youth Level Programs

The six-level Learn-to-Swim program for children age 5 and older allows students to progress at their own pace, mastering the skills in one level before advancing to the next. Each level includes training in basic water safety and helping others in an emergency in addition to stroke development. A minimum of 3 students and maximum of 5 students are accepted in each class. Parents will observe class from the Pool Observation Deck on the upper level. Youth classes are 45 minutes in length.

L1 Level 1: Introduction to Water Skills

The objective of this class is for your child to feel more comfortable in the water and enjoy the water safely. Elementary aquatic skills, which students will build on as they progress through the six levels, will be emphasized. \$85/\$100

L2 Level 2: Fundamental Aquatic Skills

Designed to provide students success with fundamental skills. Children learn to perform a variety of skills without support; focus is placed on developing the front and back crawl. \$85/\$100

L3 Level 3: Stroke Development

Introduction to elements of the butterfly, coordination work of the front and back crawl, advanced body control skills and fundamentals of treading water. \$85/\$100

L4 Level 4: Stroke Improvement

Develops confidence in strokes learned and improves additional aquatic skills. Students increase their endurance through swimming front and back crawl for greater distances. Students continue to build on the butterfly, and introduction of the elementary backstroke, breaststroke and elements of the sidestroke will be taught. \$85/\$100

L5 Level 5: Stroke Refinement

Provides further coordination and refinement of strokes. Students refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. \$85/\$100

L6 Level 6: Swimming and Skill Proficiency

Class objective is to refine strokes so students can swim with ease, efficiency, power and smoothness over greater distances. \$85/\$100



6 • Learn-to-Swim Winter Schedule

Winter Session January 6- March 8

	Monday	Tuesday	Wednesday	Saturday
8:30am				L3
9:15am				L1
10:00am				L2
10:15am		P1/2		
10:45am		PT		P1/2
11:15am		TP		L4
12:00pm				TP
4:45pm	TP		TP	
5:15pm	P1/2 PT L2		P1/2 L1 L3	
5:45pm	L4		PT P1/2	
6:00pm	L1 AB		L2 L5/6	
6:15pm			L3	
6:30pm	L5/6			
6:45pm			L4	
7:00pm				

Registration

Members
Monday, December 16
10am

Members & Non-members
Tuesday, December 17
10am

• Learn-to-Swim and Swim Club Registration Form

AWC Member Name _____

AWC Card Number _____

To receive member rate, you must be an AWC member at time of registration.

Participant's Name _____ Birth Date ____/____/____ Age _____

Last Level Successfully Completed _____ Where? Aurora Wellness Center ____ Other _____

Parent/Guardian: _____ Birth Date ____/____/____

Address _____

City, ST, Zip _____

Preferred form of contact Email ____ Phone ____ Email Address _____

Daytime Phone _____ Evening Phone _____

Emergency Contact _____ Phone _____

Please list any health concerns _____

Winter Learn-to-Swim

January 6—March 8, 2025

Class Day

- Monday
- Tuesday
- Wednesday
- Saturday

Class Time

_____ AM PM

Class Title

- Parent & Tot
- Transition to Preschool
- Preschool 1
- Preschool 2
- Level 1
- Level 2
- Level 3
- Level 4
- Level 5
- Level 6

Winter Swim Club

January 7—March 8, 2025

- Pre-team
Wednesdays, 6:15-7:15pm
- Novice
Tue/Thurs, 5:30-6:30pm
- Intermediate
Tue/Thurs, 6:30-8:00pm
- Senior
Tue/Thurs, 6:30-8:00pm

Refunds and/or make-up classes will not be offered. Credit will be issued only on a pro-rated basis if participation ceases due to medical reasons.

Adult Swim Classes

January 6—February 4, 2025

- Monday
- Class Title
- Adult Beginner/Intermediate

Winter Registration

Members:
Monday, December 16 at 10am

Members & Non-members:
Tuesday, December 17 at 10am

Liability Waiver

I, the undersigned parent/guardian of _____, do hereby acknowledge that I am aware that my child's participation in the swimming program at Aurora Wellness Center involves certain risks including, but not limited to death, serious neck and spinal injuries resulting in complete or partial paralysis, heart attacks, and injury to bones, joints and muscles. My child is voluntarily participating in the Aurora Wellness Center swimming program with knowledge of the dangers involved and I hereby agree to accept any and all inherent risks of and assume full responsibility for any loss of personal property, property damage, personal injury, or death. I hereby voluntarily waive any and all claims resulting from negligence, both present and future, that may be made by me, my child and other members of my family, or my estate, heirs or assignees.

Approval for present and future use of picture or video recording taken of my child during Swim Lessons, Swim Club or Swim Clinics is being granted to Aurora Wellness Center, 300 McCanna Parkway, Burlington for use in promotional and marketing materials. _____(Initials)

I also agree to indemnify and hold harmless the Released Parties, (Aurora Wellness Center owners and affiliates, employees, instructors and agents) from any and all liability or claims made by other parties as a result of my child's actions in anyway relating to use of the Aurora Wellness Center facilities and equipment and engaging in any Aurora Wellness Center activity. I have read this form and fully understand that by signing this form, I am giving up certain legal rights and/or remedies.

Parent Name (Please Print) _____

Parent Signature _____

Date _____

Session/Class Purchased _____ Amount Paid _____ Date Paid _____ Staff Initials _____

Winter Swim Club

Aurora Wellness Center's Swim Club is dedicated to providing a safe environment in which children can experience a positive social, educational and physical experience within the framework of competitive swimming. Instruction is provided to meet each individual swimmer's needs. Emphasis is placed on improving stroke technique, starts, turns, finishes, overall speed and endurance. In addition to practices, several meet opportunities are available to all levels of competitors throughout the season. Pre-Team, Novice, Intermediate, and Senior levels are offered. *Entry is limited, early registration is strongly recommended.*



Pre-Team

This class is for the future competitive swimmer. The class will include work on proper competitive strokes, endurance and technique, as well as competitive starts and flip turns. Course prerequisites include passing Level 3 which includes the ability to swim (1 length) freestyle and backstroke in good form. Students also need to be comfortable having the instructor out of the water at times. Participants will have a small swim meet at the end of the session to become familiar with competitive meets. Min: 5 Max: 10

January 8 - March 5 Wednesdays, 6:15pm-7:15pm \$90/\$110

Novice Swim Club

Entry requires the ability to swim 50 yards (2 lengths) freestyle and backstroke in good form and basic knowledge of breaststroke and butterfly. Successful completion of American Red Cross Level 4 or Pre-Team is also required. Min: 10 Max: 18

January 7 - March 8 Tue & Thurs, 5:30-6:30pm \$140/\$160

Intermediate Swim Club

Entry requires the ability to swim 500 yards (20 lengths) without rest. Competency in freestyle, breaststroke, backstroke and butterfly is also required.

January 7 - March 8 Tue & Thurs, 6:30-8:00pm \$170/\$190

Senior Swim Club

Entry requires prior competitive swimming experience **with coaches' discretion**. Combined Intermediate/Senior Min: 12 Max: 28

January 7 - March 8 Tue & Thurs, 6:30-8:00pm \$170/\$190

Winter Registration

Pre-Team, Novice, Intermediate and Senior Swim Club

Members

Monday, December 16
10am

Members & Non-members

Tuesday, December 17
10am



Allysen Krasemann

Allysen is an Aurora Wellness Center Barracudas Swim Club alum from the age of 8 -16 years old. Still an avid swimmer, she is also a certified Water Safety Instructor and lifeguard. Her instructor philosophy is to gain a child's trust and for them to conquer hurdles in their own time. Once they have the hang of it, they will be more willing to continue improving their swimming techniques.



Jodi Larsen

Jodi has been a lifeguard, Water Safety Instructor and Swim Club coach with Aurora Wellness Center for 16 years. She began competitive swimming at the age of 5 years old specializing in the butterfly and freestyle strokes. Her education in Childcare Development has been a great resource working with children for over 30 years. A mother of 2, Jodi believes every child should learn to swim. Although quite competitive, she enjoys teaching group and private lessons to all ages and levels. Jodi is elated when she sees swimmers become confident in their skills.



Natalie Oldenburg

Swimming has been a significant part of her life ever since she was little. She began lessons when she was 6 months old and from there she took private lessons and joined a competitive swim team when she was 5. She continued training to join the high school swim team. Now, she has found her way back to her roots and became a swim instructor at the Aurora Wellness Center, where she hopes to inspire a new generation of young swimmers and aspire to potentially become a swim coach in the future.



Marta Dietmeier

Marta started swimming competitively when she was 10 years old and continued through high-school. She grew up on and around the water and is passionate about the importance of being safe on the water. She has been a certified Water Safety since 2023. She understands the importance of building confidence in the water while providing a crucial life skill. She wants swimming to be a fun experience all while learning water safety.



Nancy Peters

Nancy has had her Water Safety Instructor certification for over 24 years. Nancy teaches all levels of group and private lessons from infant to senior citizens. In addition, Nancy has a great deal of experience and comfort in working with special needs swimmers. She feels it is important to develop a connection with every swimmer; once you gain their trust, the process to learn to swim is amazing.



Chris Schneider

Chris has had her Water Safety Instructor certification since 1970 and has been teaching group and private swim lessons to all levels from infant to adult for 46 years! With a Bachelor of Science degree in Physical Education and Health, Chris has taught fitness classes, preschool movement classes and preschool (3 and 4K) from 1989 to 2013. She also enjoys spending time with her husband, two grown boys and two grandchildren. A positive attitude and being prepared makes for a fun learning environment.



Ellen Guerin

Ellen has 12 years of experience in aquatics, teaching children and adults with and without disabilities how to swim and improve their comfort in the water. As a physical therapist and former athlete, she has a passion for helping people learn and refine mobility skills. Ellen continues to enjoy seeing her three children progress with their swimming abilities at the Aurora Wellness Center.



Nicole Peterson

Nicole has 9 years of experience in aquatics and is an Aquatic Supervisor, working with a diverse range of individuals, including children and adults, with and without disabilities. As a certified lifeguard and former competitive swimmer, Nicole prioritizes safety, proper technique, and enjoyment in every session. She fosters a positive and supportive learning environment, customizing lessons to meet the unique needs and goals of her students. Nicole's approach ensures that participants not only develop swimming skills and confidence in the water but also have an enjoyable and effective experience.



Aurora Wellness Center
262-767-7000
Donna Lueth, General Manager

Aquatics Supervisor
Nicole Peterson
262-767-7160

Membership Services
262-767-7159

Kids Korner
262-767-7131

Aurora Wellness Center Policies

- Refunds and/or make-up classes will not be offered. Credit will be issued only on a pro-rated basis if participation ceases due to medical reasons. A physician's note must be provided to the service desk within one week of discontinuing the program.
- Participants must bring their own towels.
- Participants of swim club and swim lessons must use the boys' and girls' competitive locker rooms. Locks are available at the service desk or you may use your own. Permanent locks are not permitted.
- Participants must shower before entering pool.
- Parents and children are permitted only in the aquatic area of the facility. All parents are to observe classes/club in the Pool Observation Deck located on the main level. Street shoes are not permitted on the pool deck.

How do I receive the member rate?
To receive member rate, you must be an AWC member at time of registration. Interested in finding out more about AWC membership and benefits? Stop by our membership services office and see what makes us unique.

Is there childcare available for non-members of the facility?
Yes...Kids Korner is available to non-members of the Wellness Center. Children between the ages of 6 months and 12 years are welcome to attend. Cost is \$2.75 per hour, per child. Feel free to check out Kids Korner when you register for your program.

What if my child misses a class?
Refunds and/or make-up classes will not be offered. Credit will be issued only on a pro-rated basis if participation ceases due to **medical reasons.** A physician's note must be provided to the service desk within one week of discontinuing the program. No refunds will be given due to pool temperature.

Where does my child change for their program?
Participants age 14 and under must use the **boys' and girls' competitive locker rooms,** or the family locker room. Children are not permitted in the member locker rooms.

What if I can't attend either of the "Learn-to-Swim" registration days?

Phone or fax registrations will not be accepted. Registrations are accepted on a first come, first served basis by submitting a completed registration form along with payment on registration day or any day there after.

I'm not sure what swimming level my child should be placed in?

Water Safety Instructors will be available to answer questions during registration days. If you have questions about your child's placement or regarding the Learn-to-Swim program, please ask them at that time.

What does my child need to bring to his/her lesson?

Children must bring their own towels. Children who are not toilet trained must wear a swim diaper or cloth diaper with plastic pants. Regular disposable diapers are not allowed. Tiebacks for children with long hair will help them swim without the distraction of hair in the face.

Why is my child asked to shower before entering the pool?
Aurora Wellness Center policy states that showers are required before entering the pool. This policy is in place for the

health and safety of over 200 people who use the pool each day.

What can I do to help my child progress at a faster rate?

A child will not move to the next level until he/she has successfully demonstrated the skills required in their current level. Please remember that even though your child may not have advanced to the next level, instructors will individualize within each class, keeping all children challenged. What can you do as a parent? Don't compare children; each child will progress at a pace that's right for them. Always be understanding and encouraging. Your child can practice their skills at home, blowing bubbles during bath time or using "big arms" while watching television. Ask their instructor for additional skills they can work on at home.

Can I watch my child's lesson?

Parents are invited to stay and watch their child's lesson. Our observation deck is available to minimal spectators. Pool Deck will not be available to spectators. Parents and children are permitted only in the aquatic area of the facility.

