



## **FALFINS SWIMMING AT WOLF RANCH RECREATION CENTER**

**FALFINS SWIMMING is a year round member club of Colorado Swimming, Inc. and USA Swimming. USA Swimming has recognized Falfins as a Bronze Level Club. Only 200 USA Swimming clubs have been recognized with this status nation wide. The team focuses on the development of the four competitive strokes, endurance and helping the swimmers to progress to their individual potential both in and out of the pool. Swim team members may begin as early as 6 years of age. We have swimmers from novice to the National level. We take pride in developing world class kids in an environment of excellence.**

### **Wolf Ranch Pool and Club House - 8705 Wolf Recreation Point, Colorado Springs, Colorado 80924**

Swim Lessons – Falfins Swimming will be offering swim lessons throughout the summer in four 2 week sessions. Each session will include eight (8) ½ hour classes for swimmers of all ability. The classes will run Monday through Thursday (Fridays are make-up days for inclement weather). We reserve the right to cancel classes due to low enrollment. Our program is all about teaching young children how to swim, and no single class will be overloaded.

#### **Class Times:**

8:45-9:15am and 9:15-9:45am Open Enrollment to General Public. Non member rates will apply for this hour only, even if you are a member.  
10:00-10:30am, 10:45-11:15am and 11:15-11:45am Wolf Ranch Resident Members Only.

Session Dates: Teacher/swimmer ratio 1:4 for the first hour, 1:6-8 beginning at 10 AM.

A – Session June 1 – June 11	Cost per student \$60.00 non member, \$30 for members.
B – Session June 15 – June 25	Cost per student \$60.00 non member, \$30 for members.
C – Session June 29 – July 9	Cost per student \$60.00 non member, \$30 for members.
D – Session July 13 – July 23	Cost per student \$60.00 non member, \$30 for members.

### **Wolf Ranch – Falfins Swim Team**

This is our first year offering a swim team for developmental swimmers to higher level swimmers. This program is available for any age child that can swim the length of the pool without assistance. There will be up to four optional meets mostly on week nights with a season ending meet on the weekend of July 31- Aug. 1, which will allow young swimmers to race and show off their improved skills. The season begins Monday, June 1st and runs through Thursday July 30<sup>th</sup>. **Practices will run Monday through Thursdays with from 9:00-10:00am.** Coaching for this program will be provided by a certified USA Swim Coach on staff with Falfins Swim Team. T-shirts and caps will be provided for each participant. A meet schedule will be available the first day of lessons. Total cost per swimmer will be \$200 for Wolf Ranch members, and \$225 for non members, which will include your USA Swimming Registration costs. We reserve the right to cancel this program due to low enrollment.

**In addition, we will be offering swim lessons and more advanced swim team levels at Rampart High School in the afternoons. If that time works better for you, please visit our website at [www.falfins.org](http://www.falfins.org) to download a separate brochure on these programs. If you are interested in finding out more about our program in general, email us at [officemgr@falfins.org](mailto:officemgr@falfins.org) or call 719-594-6581 and ask for Anthony or Mike.**

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## PRE-SCHOOL LESSONS- Age 3 to Kindergarten.

**Beginner preschool-** This class is for children who have little water experience (Level 1 skills), and emphasizes water adjustment, breath control, submerging, floating and recovery, and basic swimming skills. This class is for kids who need instructor assistance to perform their skills.

**Intermediate preschool-** This class is for children who are well adjusted to the water environment (Level 2 skills). A student must be able to swim five yards on their front unassisted and with his or her face in the water, must have ability to jump in shallow water, and must perform floats with little instructor assistance.

**Advanced Preschool-** This class is for kids who are comfortable in deeper water without instructor assistance. A student must be able to jump into deeper water and, using both back and front positions, perform strokes for 10 yards unassisted. Class is taught in 4 feet of water and is similar to Level 3.

## LEVEL CLASSES- Ages 6 to teenager.

**Level 1-2-** This class is recommended for children who have little to no water experience. Classes mainly are taught in shallow water. Water exploration and primary skills are taught. Students learn adjustment skills, buoyancy, breath control, arm stroke, kicking, and are introduced to deeper water.

**Level 3-** This class is for kids who are ready for all deeper water work. Students must have the ability to jump into deeper water and perform strokes without instructor assistance. This class builds on previous skills, teaches stroke readiness, and works on coordination of the front and back crawl, breathing skills, and other competitive swimming skills.

**Level 4-** This class is for kids who have passed Level 3. Previous skills are reinforced, and breaststroke, dolphin kick and turns are introduced. Stroke techniques and increased endurance are developed. Continuous lap swimming is introduced.

**Level 5-** This class is for children who have passed Level 4. Coordination, stroke refinement, and endurance are emphasized. Turns, surface dives, butterfly, and certain safety skills are taught.

Swimmers will be placed into lesson groups with children of the same age range and ability level. If there are special needs or requests, please let us know. The pool at Wolf Ranch varies in depth from 3.5 feet to 4 feet, so some deep water skills will not be able to be taught there. If there is interest, Falfins will attempt to have a couple of deep water clinics for all ages at Rampart HS on Saturday June 13<sup>th</sup> and July 11<sup>th</sup>. Information on this clinic will be available as interest dictates. The Recreation Center staff would like for all non members to vacate the premises at Wolf Ranch within fifteen minutes of the end of their lesson or swim team practice. Members only lessons will be offered from 10:00-11:45, and those individuals may stay after for open swim at the pool.

Send completed form and payment to: Falfins Swimming P.O. Box 62567 Colorado Springs, CO 80962  
Make Checks Payable to: Falfins

Pool Location: Wolf Ranch Rec Center_____.		Wolf Ranch Member: Yes___ No___	
Swim Team _____.			
Swimmer Name_____	Age___	Session #___	Time _____ Class_____
Swimmer Name_____	Age___	Session #___	Time _____ Class_____
Swimmer Name_____	Age___	Session #___	Time _____ Class_____
Parent/Guardian's Names_____			
Address_____		City_____	Zip_____
Home # _____	Work #_____	Mom cell_____	Dad cell_____
E-mail address: _____			
Emergency Contact person and phone #_____			