

# WWC SWIM LESSONS

## MEET THE INSTRUCTOR



**Lou Rocazella**, retired Honda engineer.  
Lifeguard and swim instructor for 2.5 years.  
American Red Cross certified Lifeguard and Water  
Safety Instructor.  
Certified instructor through SafeSplash Swim  
Academy and Bill Wadley (former OSU Swim  
coach) swim instructor school.

### **PRESCHOOL WITH PARENT.**

**AGE 3~5. MAX CLASS SIZE 7. PARENTS ARE REQUIRED TO BE IN THE WATER.  
CORE INSTRUCTION WILL BE SAFETY SKILLS, BREATH CONTROL, FRONT AND BACK FLOAT.**

### **LEARN TO SWIM BEGINNER.**

**AGE 5~15. MAX CLASS SIZE 5. PARENTS ARE NOT REQUIRED TO BE IN THE WATER.  
CORE INSTRUCTION WILL BE SAFETY SKILLS, BREATH CONTROL, FRONT AND BACK FLOAT.  
FRONT AND BACK ARM  
AND LEG ALTERNATING AND SIMULTANEOUS ACTION.**

### **LEARN TO SWIM ADVANCE.**

**AGE 5 TO 15 MAX CLASS SIZE 5.  
PREREQUISITE TO BE IN CLASS: SUBMERGE AND RETRIEVE OBJECTS. ABLE TO DO FRONT AND  
BACK FLOAT ON  
THEIR OWN. CORE INSTRUCTION WILL BE SAFETY SKILLS, STROKE DEVELOPMENT IN  
FREESTYLE, BACKSTROKE, UNDERWATER  
SWIMMING, BREASTSTROKE AND TREADING WATER.**

### **WHAT TO BRING TO EVERY LESSON:**

**SWIM SUIT**

**TOWEL**

**GOGGLES (ENCOURAGED FOR LEARN TO SWIM CLASSES)**

**HAIR TIES AND/OR SWIM CAPS, FOR THOSE WITH LONG HAIR**