

Class Descriptions

Preschool Level 1 (PS-1)

An introduction to the water for the first-time or reluctant swimmer. Must be 3 years old!

Preschool Level 2 (Pre-2)

For participants willing to fully submerge face in water, comfortable floating on front/back with support, able to move through water 5 yards

Preschool Level 3 (Pre-3)

Participants should be able to fully submerge face under water and be comfortable swimming on front and back with support or floatation devices.

Level 1

Class time is spent on water adjustment, floating, kicking, arm strokes, and water safety.

Prerequisites: Able to blow bubbles through mouth and nose, bob, and swim with assistance using arm and leg actions on front and back

Level 2

Students learn the fundamentals of front and back crawl, turning over while floating, and water safety.

Prerequisites: Able to recover to a vertical position from floats and glides, change direction while swimming on front and back, fully submerge and hold breath to retrieve objects.

Level 3

Refinement of the front and back crawl and swimming endurance. Butterfly kick, front dives, treading water, sitting/kneeling dives and safety skills.

Prerequisites: Able to float unsupported, swim front crawl and back crawl for 10 yards unsupported, comfortable swimming in deep end

Level 4

Refinement of elementary backstroke, front and back crawl, begin learning breaststroke, butterfly, backstroke and increasing endurance.

Prerequisites: Students need to be comfortable in deep water, have the ability to swim multiple lengths of the pool, tread water for 10 seconds, and perform sitting/kneeling dives.

Level 5

Continue work on front and back crawl, elementary backstroke, breaststroke, sidestroke, butterfly and safety skills. Introduce flip turns and different dives.

Prerequisites: Tread water for 1 minute, comfortable swimming all strokes, able to swim underwater for at least 3 body lengths

Level 6

Refinement of strokes so participants can swim them with ease, efficiency, power and smoothness over greater distances. Three different courses are available: personal water safety, fitness swimming, or diving—please check schedule on inside of form.

SHEBOYGAN FALLS AQUATIC CENTER

SUMMER 2018

SWIM LESSON REGISTRATION



PROGRESSIVE SWIMMING LESSONS FOR AGES 3 AND UP

SESSION A: JUNE 4 TO JUNE 15

Class Start Times: 4:45 pm and 5:30 pm

SESSION B: JUNE 18 TO JUNE 29

Class Start Times: 9:00 am, 11:00 am, 4:45 pm and 5:30 pm

SESSION C: JULY 9 TO JULY 20

Class Start Times: 9:00 am, 11:00 am, 4:45 pm and 5:30 pm

SESSION D: JULY 30 TO AUGUST 10

Class Start Times: 10:00 am, 11:00 am, 4:45 pm and 5:30 pm

FOR CLASS AVAILABILITY PLEASE VISIT OUR WEBSITE

SHEBOYGAN FALLS AQUATIC CENTER

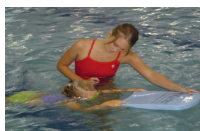
220 AMHERST AVE

SHEBOYGAN FALLS, WI 53085

920-467-7827

WWW.SHEBOYGANFALLS.K12.WI.US/RECDEPT

The Sheboygan Falls Aquatic Center uses the American Red Cross progressive level swim instruction program.



Swim Lessons are Monday-Friday for 2 weeks
The last day of each session is Family Swim Day

Session	Date	Times	Preschool Levels	Progressive Levels
A	6/4 to 6/15	4:45 pm	Pre-1/Pre-2/Pre-3	1-2-3
		5:30 pm	Pre-1/Pre-2/Pre-3	1-2-3-4-5-6*
B	6/18 to 6/29	9:00 am	Pre-1/Pre-2/Pre-3	1-2-3-4-5
		11:00 am	Pre-1/Pre-2/Pre-3	1-2-3-4-5-6+
		4:45 pm	Pre-1/Pre-2/Pre-3	1-2-3
		5:30 pm	Pre-1/Pre-2/Pre-3	1-2-3-4-5-6+
C	7/9 to 7/20	9:00 am	Pre-1/Pre-2/Pre-3	1-2-3-4-5
		11:00 am	Pre-1/Pre-2/Pre-3	1-2-3-4-5-6^
		4:45 pm	Pre-1/Pre-2/Pre-3	1-2-3
		5:30 pm	Pre-1/Pre-2/Pre-3	1-2-3-4-5-6^
D	7/30 to 8/10	10:00 am	Pre-1/Pre-2/Pre-3	1-2-3-4-5
		11:00 am	Pre-1/Pre-2/Pre-3	1-2-3-4-5-6*
		4:45 pm	Pre-1/Pre-2/Pre-3	1-2-3
		5:30 pm	Pre-1/Pre-2/Pre-3	1-2-3-4-5-6*

* Level 6—Fitness Swimming (Session A & D)
 + Level 6—Personal Water Safety (Session B)
 ^ Level 6—Fundamentals of Diving (Session C)

Please visit our website for class availability questions
www.sheboyganfalls.k12.wi.us/recdept

PARENT CHILD CLASS—SATURDAYS 8:30-9:00 am

Summer Session: June 16th to August 11th (No class July 7th)

Parent and Child in the water together

Please use separate Parent/Child registration form

Registering For Multiple Sessions: Please register for the same level if you are registering for multiple sessions. If your child passes, we will update their registration in our system.

The SF Aquatic Center will contact you with a reminder approx a week before the class start date

Sheboygan Falls Aquatic Center Summer 2018 Registration Form

Name (Parent/Guardian) _____

Phone _____

Address _____

City _____

Zip _____

E-Mail Address _____

PROGRAM COST: **RESIDENT*** **NON-RESIDENT**
 \$25.00 **\$40.00**

***Waldo residents and SDSF employees are considered RESIDENT**

Registrant's Name	Start Time	Session/s	Level	Age	Fee
Example: John Smith	5:30 pm	A	4	8	\$25
Example: Bill Smith	9:00 am	C	Pre-1	4	\$25

Total : _____

Enclose fee with registration form and mail to:
OR register at the Aquatic Center front desk

Sheboygan Falls Aquatic Center
 220 Amherst Avenue
 Sheboygan Falls, WI 53085

(Make Checks Payable to School District of Sheboygan Falls)

Classes are subject to change and may be combined in the case of low enrollment

\$2.00 Late fee for forms that arrive after the registration deadline dates.

Session A May 30th
 Session B June 13th
 Session C July 3rd
 Session D July 25th

OFFICE USE ONLY

Date Received _____

Check Number _____