

Class Descriptions

Course: Preschool Aquatics Level 1 (PS Level - 1)

There are no skill prerequisites for Preschool Aquatics Level 1. Participants start at about 3 and 4 years old.

Course: Preschool Aquatics Level 2 (PS Level - 2)

Working to gain greater independence in swim skills. Still needs close supervision. Participants start at about 3 and 4 years old.

Course: Preschool Aquatics Level 3 (PS Level - 3)

Learning basic swimming propulsive skills. Participants start at about 4 and 5 years old.

Course: Learn to Swim Level 1: Introduction to Water Skills (Level 1)

Participants start at about 5 or 6 years of age. Independent floating and putting face in the water.

Course: Learn to Swim Level 2: Fundamental Aquatic Skills (Level 2)

To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position.

Course: Learn to Swim Level 3: Stroke Development (Level 3)

To build on the skills in Level 2 by providing additional guided practice in deeper water

Course: Learn to Swim Level 4: Stroke Improvement (Level 4)

To develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills.

Course: Learn to Swim Level 5: Stroke Refinement (Level 5)

To further learn how to coordinate and refine strokes.

Course: Learn to Swim Level 6:

To refine strokes so participants swim with more ease, efficiency, power and smoothness and over greater distances. This class is designed with a menu of options that focus on preparing students with a variety of activities. **Options include: Fitness Swimming, Personal Water Safety, Fundamentals of Diving (Please see schedule on inside cover)**

Please visit the SFAC website for more detailed class descriptions:
<http://www.sheboyganfalls.k12.wi.us/recdept/swimming-lessons.cfm>

Sheboygan Falls Aquatic Center

2018-19 School Year Swim Lesson Registration



Fall

Session A September 18 — October 18

**Session B October 30 — December 4
(No class November 22)**

Winter

Session C February 5—March 7

Spring

Session D April 9 — May 9

Swim Lesson classes are on Tuesdays & Thursdays

Sheboygan Falls Aquatic Center

220 Amherst Ave

Sheboygan Falls, WI 53085

(920) 467-7827

www.sheboyganfalls.k12.wi.us/recdept

Swimming Lessons

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



SWIM CLASSES ARE TUESDAYS & THURSDAYS

Session	Date	Times	Pre-K Levels	Learn-to-Swim Levels
A	9/18 to 10/18	4:45 pm 5:30 pm	1-2-3 1-2-3	1-2-3 1-2-3-4-5-6+
B	10/30 to 12/4 (No class 11/22)	4:45 pm 5:30 pm	1-2-3 1-2-3	1-2-3 1-2-3-4-5-6^
C	2/5 to 3/7	4:45 pm 5:30 pm	1-2-3 1-2-3	1-2-3 1-2-3-4-5-6#
D	4/9 to 5/9	4:45 pm 5:30 pm	1-2-3 1-2-3	1-2-3-4 1-2-3-4-5-6+

+ Level 6—Fitness Swimming (Sessions A & D)

^ Level 6—Personal Water Safety (Sessions B)

Level 6—Fundamentals of Diving (Session C)

Class descriptions on back

Please visit our website for class availability questions

<http://www.sheboyganfalls.k12.wi.us/recdept/swimming-lessons.cfm>

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 make reminder phone calls prior to the class start date

Sheboygan Falls Aquatic Center School Year Registration Form 18-19

Name (Parent/Guardian)

Phone

Address

City

Zip

E-Mail Address

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

*Waldo residents and SFSD employees are considered RESIDENT

Registrant's Name	Start Time	Session/s	Level	Age	Fee
Example: John Smith	4:45 pm	C	4	8	\$25.00
Example: Jane Doe	5:30 pm	A	Pre-1	4	\$40.00

Make checks payable to "School District of Sheboygan Falls" Total : _____

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

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

Classes are subject to change

Levels may be combined if registration numbers are low

\$2.00 late fee for forms that arrive after the registration deadlines:

Session A September 14th
 Session B October 26th
 Session C February 1st
 Session D April 5th

OFFICE USE ONLY

Date Received: _____

Check Number: _____