

2017 SUMMER SWIM LESSONS

TOMAH AQUATIC CENTER

411 EAST HOLTON ST., 374-7446

Parent/Child Aquatics Developed for children 6 months to 3 years, Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help kids learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

Level 1, children learn basic skills through fun activities, such as blowing bubbles and playing with water toys.

Level 2, parents work with their children to practice floating, kicking and swimming back to the side of the pool.

Limit 10 per class

Pre-School Aquatics Children ages 4 and 5 learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Skills are age-appropriate, allowing students to achieve success on a regular basis.

Level 1, helps children become comfortable in the water and basic water safety.

Level 2, build on level 1 and introduces fundamentals skills, such as kicking.

Level 3, focuses on coordinating arm and leg movements and improving upon skills learned in levels 1 and 2.

Limit 6 Per class

Learn to Swim (LTS)

Our six-level Learn-to-Swim program is unlike anything offered by other learn to swim programs. The program is designed for children 6 years all the way up to adults, and students progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to stroke development

- Level 1: Introduction to Water Skills
- Level 2: Fundamental Aquatic Skills
- Level 3: Stroke Development
- Level 4: Stroke Improvement
- Level 5: Stroke Refinement
- Level 6: Swimming and Skill Proficiency

Class schedule subject to change pending enrollment.

Class limit to first 15 enrolled.

REGISTER ONLINE BEGINNING MONDAY MAY 8TH

SEMESTER 1 (WEEKDAYS)

JUNE 12-JUNE 23 (rain dates June 26, 27)

Session 1- 11:00am-11:30am (LTS 1-6)

Session 2- 4:45pm-5:15pm (Pre-School levels 1-3, LTS 1-3)

Session 3- 5:30pm-6:00pm (Pre-School levels 1-3, Parent/Child levels 1-2)

SEMESTER 2 (WEEKDAYS)

July 10-July 21 (rain dates July 24,25)

Session 1- 11:00am-11:30am (Pre-School levels 1-3 LTS 1-5)

Session 2- 4:45pm-5:15pm (Parent/Child levels 1-2, LTS 1-2)

Session 3- 5:30pm-6:00pm (Pre-School levels 1-3, LTS 1-3)

SEMESTER 3 (WEEKDAYS)

July 31-August 11 (rain dates Aug 14, 15)

Session 1- 11:00am-11:30am (Pre School 1-3, LTS 2-6)

Session 2- 4:45pm-5:15pm (Pre-School 1-3, LTS 1-3)

Session 3- 5:30-6:00pm (Parent/Child levels 1-2, LTS 1-2)

Swim Lesson Fee:

Residents: **\$25** Non-Residents: **\$45**
Residents must show proof of residency



Online Registration

How to Register

1. Go to <http://tomah.recdesk.com/recdeskportal> or visit www.tomahonline.com and click on Tomah Parks & Recreation and then online registration.
2. Create an Account
3. Once you have an account you may register for programs beginning **May 8th**, by selecting programs.

**For questions please call 608-374-7445.

Walk in Registration will be taken at Tomah Aquatic Center during pool hours starting June 10th