

# 2020

## TOMAH AQUATIC CENTER

411 E. HOLTON ST | (608) 374-7446



Class schedule subject to change pending enrollment.

**Residents: \$25 (Proof of residency required)**

**Non-Residents: \$45**

## SWIM LESSONS

### Parent/Child Aquatics

**6 months to 4 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 to help kids learn elementary skills. Children learn basic skills through fun activities, such as blowing bubbles and playing with water toys. Parents with older children work with their swimmer to practice floating, kicking, and swimming back to the side of the pool. **Limit 10 per class**

### Learn to Swim (LTS)

**5 years to Adult.** LTS is designed for children 5 years all the way up to adults. Students progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of LTS 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**

**Limit 10 per class**

LTS: Level 1 to 3 will be parent/child classes.

Parents will assist child in the pool. Lifeguards will teach all classes from the deck or shallow areas to practice social distancing.

### SEMESTER 1 (WEEKDAYS)

**JUNE 22—JULY 1 Monday—Thursday**  
Friday's are weather make-ups. Limit 2/session.

**PM 1 | 5:30 PM—6 PM**

Parent/Child, LTS 1, 2, 4, 5

**PM 2 | 6:15 PM—6:45 PM**

LTS 1, 2, 3, 4, 6

*Registration begins June 12*

### SEMESTER 2 (WEEKDAYS)

**JULY 6—JULY 16 Monday—Thursday**  
Friday's are weather make-ups. Limit 2/session.

**PM 1 | 5:30 PM—6 PM**

Parent/Child, LTS 1,3,4,5

**PM 2 | 6:15pm-6:45pm**

Parent/Child, LTS 1, 2, 5, 6

*Registration begins June 22*

### SEMESTER 3 (WEEKDAYS)

**JULY 20—July 30 Monday—Thursday**  
Friday's are weather make-ups. Limit 2/session.

**PM 1 | 5:30 PM—6 PM**

Parent/Child, LTS 2, 3, 4, 6

**PM 2 | 6:15 PM—6:45 PM**

LTS 1, 2, 3, 4, 5

*Registration begins July 6*

### How to Register Online

1. Visit [tomahonline.com](http://tomahonline.com)
2. Select Tomah Parks & Recreation
3. Select **Online Registration** to sign into existing account or create a new account
4. Once you have an account, click **Programs** to register. Call (608) 374-7445 with questions

### How to Register In-Person

Starting June 12, register at the Tomah Aquatic Center during pool hours.