

Parent & Child Instruction

This program is for children up to 4 years old and have little or no previous experience in water adjustment lessons, are reluctant to enter the water or submerge, require floatation support at all times and benefit from parental presence and support in the water.

Day: Monday - Friday at the outdoor pool
Fee: \$20 Residents, \$30 NR
Parent/Child: July 24 - 28 at 12:00 - 12:30pm
Age: 6 months - 4 years old

(must have parent/guardian with each child - 1-on-1)

Preschool Aqua Swim Lessons

Aqua Swim Lessons are for children ages 3 - 5 years old who do not fear the water and will work with a swim instructor on learning how to submerge themselves. These classes are for children who are comfortable without their parents in the water with them. Classes are Monday-Thursday with Fridays reserved for make up sessions due to inclement weather.

Fee per session: \$30 Residents, \$40 NR

Skippers 1 Age: 3 & 4 year olds

The objective of Skippers 1 is to focus on water adjustment, safety and basic swimming skills. Skills: Submerge mouth, nose, and eyes, water entries and exits and water safety.

Session 1: Date: June 12 - June 22 (Mon - Thurs)

Session 2: July 10 - July 20 (Mon - Thurs)

Time: 12:00 - 12:30pm

Skippers 2 Age: 4 & 5 year olds

Prerequisites: 4 year old must have at least one session of Skippers 1 or instructor approval. The objective of Skippers 2 is to begin development of fundamental swimming skills. Skills: Submerge entire head, perform assisted kicking on front and back, float on front and back without support.

Session 1: Date: June 26 - July 6 (Mon - Thurs) No class July 4th

Session 2: July 31 - Aug 10 (Mon - Thurs)

Time: 12:00 - 12:30pm

Special Needs Swimming Lessons

Sponsored by LEO Fund, a component of the Community Foundation of Southern Wi

A grant from the LEO Fund has allowed this class to be available at a minimal cost for participants and provides the ability to have one-on-one instruction when possible. Participants with special needs must be able to handle their own personal care or have a caregiver with them. They need to stand in the pool by themselves and be continent.

Age: Children with special needs 1st grade - High School
Dates: Mondays, June 12 - July 24 (no lesson on July 3rd)
Time: 5:15 - 5:45pm lessons, 5:45 - 6:00pm swimming
Fee: \$12 Residents, \$22 NR

Age: Adults with special needs: High School graduates and older
Dates: Wednesdays, June 14 - July 26
Time: 5:15 - 5:45pm lessons, 5:45 - 6:00pm swimming
Fee: \$12 Residents, \$22 NR

Could I BE A LIFEGUARD?

Age: Entering 9 - 12 grades in Fall 2017
When: June 19 - July 7 (Monday-Friday) No class July 3 & 4
Time: 8:00 - 9:00am
Location: Outdoor Pool
Fee: \$2.00 (Register through Summer School)
Instructor: Linda Moser

Many times students ask what does it take to be a lifeguard? Here is an opportunity to see what skills you need? Linda Moser will take you through these skills and see if this is a job you would like to apply for at Park and Recreation or the YMCA. Being a lifeguard is not only a great summer job while you are in high school, but it is a job you can continue long after. It is a job that is always in demand on college campuses, local Y's and other aquatic facilities. This course will train you in the skills you will need to pass the lifeguarding class. From swimming to making saves, to CPR, to strength training, you will be prepared to take the lifeguarding course and pass it with confidence. Register through Summer School, School District of Monroe.

Red Cross Lifeguard Training Class

Age: 15 year olds & older by July 31st
When: July 31 - August 4
Time: 8:00am - 4:00pm
Location: Outdoor Pool
Fee: \$100 Residents, \$115 NR

On the first day, you will be tested in these three areas. You will need to pass all three things in order to continue with the course.

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may use the front crawl, breaststroke or a combination of both. Swim goggles can be used. You may not stop or swim on your back.
2. Tread water for 2 minutes using the legs only. Your hands will be placed under your armpits.
3. Complete a timed event within 1 minute and 40 seconds. Swim goggles are not allowed for this. Starting in the water, swim 25 yards. Your face may be in or out of the water. Surface dive feet first or head first to retrieve the 10 pound brick. Return to the surface and swim 25 yards on the back to the starting point. Both hands holding the object out of the water (on your chest) and keeping your face at or near the surface so you can get a breath when needed. Put the brick up and exit the water by jumping out.

After Pretest Certification Requirements are:

- Attend all class sessions. You cannot miss any classes.
- Demonstrate competency in all required skills and activities.
- Correctly answer at least 80% of the questions on the 3 sections of the final written exam.

Upon successful completion of all of these requirements the student will receive their Lifeguarding / First Aid certificate valid for 3 years and CPR/AED for the Professional Rescuer valid for 2 years and Water Park Certification.