



Use the following level descriptions to determine your child's swim level.

PARENT & TOT SWIM - 6 Months to 4 Years

- CLASSES ARE 30 MINUTES IN LENGTH
- A parent or caregiver must accompany each child in water

PARENT TOT - LEVEL 1	PARENT TO - LEVEL 2
<ul style="list-style-type: none"> • 6 months to 2 years • Provides experiences & activities for children to: 	<ul style="list-style-type: none"> • 2 - 4 years of age • Builds upon the skills learned in Level 1 & provides experiences & activities for children to:
<ul style="list-style-type: none"> • Learn to ask for permission before entering the water 	<ul style="list-style-type: none"> • Establish expectations for adult supervision
<ul style="list-style-type: none"> • Learn how to enter & exit water in a safe manner 	<ul style="list-style-type: none"> • Learn ways to enter and exit the water in a safe manner
<ul style="list-style-type: none"> • Feel comfortable in water 	<ul style="list-style-type: none"> • Explore submerging in a rhythmic pattern
<ul style="list-style-type: none"> • Explore submerging the mouth, nose, eyes & completely submerging 	<ul style="list-style-type: none"> • Glide on the front and back with assistance
<ul style="list-style-type: none"> • Change body position in the water 	<ul style="list-style-type: none"> • Perform combined stroke on front and back with assistance
<ul style="list-style-type: none"> • Learn how to play safely 	<ul style="list-style-type: none"> • Change body position in water
<ul style="list-style-type: none"> • Experience wearing a US Coast Guard approved life jacket 	<ul style="list-style-type: none"> • Experience wearing US Coast Guard approved life jacket.

PRESCHOOL LESSONS - Ages 4-6 Years

- CLASSES ARE 30 MINUTES IN LENGTH

PRESCHOOL LEVEL 1 4-6 Years	PRESCHOOL LEVEL 2 4-6 Years	PRESCHOOL LEVEL 3 4 - 6 Years
Orients children to the aquatic environment and helps them gain basic aquatic skills.	Must have skill comprehension of PS Level 1. Helps children gain greater independence in their skills and develop more comfort in and around water.	Must have skill comprehension of PS Level 2. Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.
<ul style="list-style-type: none"> • Enter & exit water using ladder steps or slide 	<ul style="list-style-type: none"> • Enter water by stepping in 	<ul style="list-style-type: none"> • Enter water by jumping in
<ul style="list-style-type: none"> • Blow bubbles through mouth & nose 	<ul style="list-style-type: none"> • Exit water using ladder, steps or side 	<ul style="list-style-type: none"> • Fully submerge & hold breath
<ul style="list-style-type: none"> • Submerge mouth, nose & eyes 	<ul style="list-style-type: none"> • Bobbing 	<ul style="list-style-type: none"> • Bobbing
<ul style="list-style-type: none"> • Open eyes under water & retrieve submerged objects 	<ul style="list-style-type: none"> • Open eyes under water & retrieve submerged objects 	<ul style="list-style-type: none"> • Front jellyfish & tuck floats
<ul style="list-style-type: none"> • Front & back glides recovering to a vertical position 	<ul style="list-style-type: none"> • Front & back floats & glides 	<ul style="list-style-type: none"> • Recover from a front or back float or glide to a vertical position
<ul style="list-style-type: none"> • Back float 	<ul style="list-style-type: none"> • Recover from front or back float or glide to a vertical position 	<ul style="list-style-type: none"> • Back float & glide
<ul style="list-style-type: none"> • Roll from front to back & back to front 	<ul style="list-style-type: none"> • Roll from front to back & back to front 	<ul style="list-style-type: none"> • Change direction of travel while swimming on front to back
<ul style="list-style-type: none"> • Tread with arm & hand actions 	<ul style="list-style-type: none"> • Tread water using arm & leg actions on front & back 	<ul style="list-style-type: none"> • Tread water using arm & leg actions on front & back
<ul style="list-style-type: none"> • Alternating & simultaneous leg actions on front & back 	<ul style="list-style-type: none"> • Finning arm action on back 	<ul style="list-style-type: none"> • Finning arm action on back
<ul style="list-style-type: none"> • Combined arm & leg actions on front & back 		



CANCELLATION POLICY: Should you need to cancel or withdraw, contact us at 608-643-8386 or email us at community.center@saukprairieschools.org. No refunds or removal of fees due will be provided for classes canceled after May 18, except for medical reasons or if a class is canceled by the Aquatics Director. If you find that you need to make a change to your child’s schedule, a \$5 processing fee may be charged.

YOUTH LEVEL SWIM LESSONS - 6 Years and older

- CLASSES ARE 45 MINUTES IN LENGTH

LEVEL 1 - Introduction to Water Skills Helps participants feel comfortable in the water.	LEVEL 2 - Fundamental Aquatic Skills Gives participants success with fundamental skills.	LEVEL 3 - Stroke Development Builds on the skills in Level 2 through additional guided practice in deeper water.
<ul style="list-style-type: none"> Enter & exit using ladder, steps or side 	<ul style="list-style-type: none"> Enter water by stepping or jumping from the side 	<ul style="list-style-type: none"> Enter water by jumping from the side
<ul style="list-style-type: none"> Blow bubbles through mouth & nose 	<ul style="list-style-type: none"> Fully submerge & hold breath 	<ul style="list-style-type: none"> Headfirst entries from the side in sitting & kneeling positions
<ul style="list-style-type: none"> Bobbing 	<ul style="list-style-type: none"> Bobbing 	<ul style="list-style-type: none"> Bobbing while moving toward safety
<ul style="list-style-type: none"> Open eyes under water & retrieve submerged objects 	<ul style="list-style-type: none"> Open eyes under water & retrieve submerged objects 	<ul style="list-style-type: none"> Rotary breathing
<ul style="list-style-type: none"> Front & back glides & floats 	<ul style="list-style-type: none"> Rotary breathing 	<ul style="list-style-type: none"> Survival float
<ul style="list-style-type: none"> Recover to vertical position 	<ul style="list-style-type: none"> Front, jellyfish floats 	<ul style="list-style-type: none"> Back float
<ul style="list-style-type: none"> Roll from front to back & back to front 	<ul style="list-style-type: none"> Front & back glides & floats 	<ul style="list-style-type: none"> Change from vertical to horizontal position on front & back
<ul style="list-style-type: none"> Tread water using arm & hand actions 	<ul style="list-style-type: none"> Recover to vertical position 	<ul style="list-style-type: none"> Push off in streamlined position on front, then begin kicking
<ul style="list-style-type: none"> Alternating & simultaneous leg actions on front & back 	<ul style="list-style-type: none"> Roll from front to back & back to front 	<ul style="list-style-type: none"> Tread water
<ul style="list-style-type: none"> Alternating & simultaneous arm actions on front and back 	<ul style="list-style-type: none"> Change direction of travel while swimming on front or back 	<ul style="list-style-type: none"> Flutter, scissor, dolphin & breaststroke kicks on front
<ul style="list-style-type: none"> Combined arm & leg actions on front & back 	<ul style="list-style-type: none"> Tread water using arm & leg actions 	
LEVEL 4 - Stroke Improvement. Develops confidence in the skills learned & improves other skills.	LEVEL 5 - Stroke Refinement. Provides further coordination & refinement of strokes.	LEVEL 6 - Swimming & Skill Proficiency - Refines the strokes so participants swim them with ease, efficiency, power & smoothness over greater distances.
<ul style="list-style-type: none"> Headfirst entries from the side and compact/stride positions. 	<ul style="list-style-type: none"> Shallow angle dive from the side into deep water 	
<ul style="list-style-type: none"> Swim underwater 	<ul style="list-style-type: none"> Tuck & pike surface dives, submerge completely 	Level 6 is designed with “Menu” options that focus on preparing participants for more advanced courses, including Water Safety Instructor, or other aquatic activities such as competitive swimming or diving.
<ul style="list-style-type: none"> Feet first surface dive 	<ul style="list-style-type: none"> Front flip turn & backstroke flip turn while swimming 	
<ul style="list-style-type: none"> Survival swimming 	<ul style="list-style-type: none"> Front & back crawl, elementary backstroke, breaststroke & butterfly 	
<ul style="list-style-type: none"> Front crawl & backstroke open turns 	<ul style="list-style-type: none"> Sculling 	
<ul style="list-style-type: none"> Tread water using 2 different kicks 	<ul style="list-style-type: none"> Tread water with & without arms 	
<ul style="list-style-type: none"> Front & back crawl, elementary backstroke & breaststroke, sidestroke & butterfly 		
<ul style="list-style-type: none"> Flutter & dolphin kicks on back 		
<ul style="list-style-type: none"> Push off in streamlined position on back, then begin kicking 		