



Swim Lessons Winter 2019 Prairie River Middle School

Fee: \$30

Sign-up is available online. Use the following link:

<https://goo.gl/forms/hgoqt21ojZ8o9jz92>

Monday's/Wednesday's January 7th-February 6th 5:30-6:30pm

- **Preschool Aquatics Level 1**
- **Preschool Aquatics Level 2**
- **Learn to Swim Level 3**
- **Learn to Swim Level 4**
- **Learn to Swim Level 5**

Monday's/Wednesday's February 11th-March 13th 5:30-6:30pm

- **Preschool Aquatics Level 1**
- **Preschool Aquatics Level 2**
- **Learn to Swim Level 3**
- **Learn to Swim Level 4**
- **Learn to Swim Level 5**

Tuesday's/Thursday's January 8th-February 7th 6:30-7:30

- **Preschool Aquatics Level 3**
- **Learn to Swim Level 1**
- **Learn to Swim Level 2**
- **Learn to Swim Level 6**
- **Adult Swim-Learn the Basics**

Tuesday's/Thursday's February 12th-March 14th 6:30-7:30

- **Preschool Aquatics Level 3**
- **Learn to Swim Level 1**
- **Learn to Swim Level 2**
- **Learn to Swim Level 6**
- **Adult Swim-Learn the Basics**

Saturday's January 5th- March 9th 11-Noon

- **Parent and Child Level 1**
- **Parent and Child Level 2**
- **Adult Swim-Improving Skills and Swim Strokes**

***Class times and dates may be adjusted depending on demand and availability of instructors. Space is limited.**

About courses:

Parent and Child Level 1 is designed for parents with children 6 months-2 years of age. An adult will be required in the water for each child.

Parent and Child Level 2 is designed for parents with children 2-4 years of age. An adult will be required in the water for each child.

Preschool levels are designed for children 4-5 years of age.

Learn to swim Levels 1-6 are designed for children ages 6 and up.

Adult Swim is designed for adults 16-100 years of age.

Preschool Aquatics is made for preschool aged kids specifically to learn water safety, survival skills, and foundational swimming concepts in a safe and fun environment. For more information on Preschool Aquatics or Learn to swim levels check out the American Red Cross Swim app.

The purpose of Adult Swim-Learning the Basics is to help participants gain basic aquatic skills and swimming strokes and teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Adult Swim-Improving Skills and Swim strokes builds on the knowledge of swimming already gained to improve technique while swimming.

**E-mail Aquatic Director Cherish Hoy if you have any questions :)
cherish.hoy@maps.k12.wi.us**