

Class Descriptions

Course: Preschool Aquatics Level 1 (PS Level - 1)

There are no skill prerequisites for Preschool Aquatics Level 1. Participants start at about 3 and 4 years old.

Course: Preschool Aquatics Level 2 (PS Level - 2)

Working to gain greater independence in swim skills. Still needs close supervision. Participants start at about 3 and 4 years old.

Course: Preschool Aquatics Level 3 (PS Level - 3)

Learning basic swimming propulsive skills. Participants start at about 4 and 5 years old.

Course: Learn to Swim Level 1: Introduction to Water Skills (Level 1)

Participants start at about 5 or 6 years of age. Independent floating and putting face in the water.

Course: Learn to Swim Level 2: Fundamental Aquatic Skills (Level 2)

To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position.

Course: Learn to Swim Level 3: Stroke Development (Level 3)

To build on the skills in Level 2 by providing additional guided practice in deeper water

Course: Learn to Swim Level 4: Stroke Improvement (Level 4)

To develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills.

Course: Learn to Swim Level 5: Stroke Refinement (Level 5)

To further learn how to coordinate and refine strokes.

Course: Learn to Swim Level 6:

To refine strokes so participants swim with more ease, efficiency, power and smoothness and over greater distances. This class is designed with a menu of options that focus on preparing students with a variety of activities. **Options include: Fitness Swimming, Personal Water Safety, Fundamentals of Diving (Please see schedule on inside cover)**

Please visit the SFAC website for more detailed class descriptions:
<http://www.sheboyganfalls.k12.wi.us/recdept/swimming-lessons.cfm>

Sheboygan Falls Aquatic Center

2020 Fall Swim Lesson Registration



Sessions

Session A October 6 — November 5

Session B November 17 — December 22
(No class Thursday, November 26)

Swim Lesson classes are on Tuesdays & Thursdays

Winter and Spring sessions will be
determined at a later date

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