

2019 Summer Swimming Lessons

Registration begins May 6, 2019 for Sessions 1, 2, 1E, 2E

Class Times	Days	Classes	Session Dates
9:00-9:35 am	M-THURS	AQKD, Level 1, 2	1: Jun 10-20 Register May 6
9:40-10:15 am	M-THURS	AQKD, Level 1, 2	
10:30-11:05 am	M-THURS	Level 1, 3, 4	
11:10-11:45 am	M-THURS	PTOT, AQKD, 1	
1:00-1:35 pm	M-THURS	AQKD, Level 1, 3	
1:40-2:15 pm	M-THURS	AQKD, Level 1, 2	
2:30-3:05 pm	M-THURS	AQKD, Level 1, 2	
3:10-3:45 pm	M-THURS	Level 3, 4, 5	

Class Times	Days	Classes	Session Dates
9:00-9:35 am	M-THURS	AQKD, Level 1, 2	2: Jun 24-Jul 3 <i>Class on Friday, June 28</i> Register May 6
9:40-10:15 am	M-THURS	AQKD, Level 1, 4	
10:30-11:05 am	M-THURS	AQKD, Level 2, 3	
11:10-11:45 am	M-THURS	AQKD, Level 1, 2	
1:00-1:35 pm	M-THURS	AQKD, Level 2, 3	
1:40-2:15 pm	M-THURS	AQKD, Level 1, 4	
2:30-3:05 pm	M-THURS	PTOT, AQKD, 1	
3:10-3:45 pm	M-THURS	Level 2, 3, 5	

Class Times	Days	Classes	Session Dates
5:45-6:20 pm	M/W	PTOT, AQKD, Level 1	1E: Jun 3-26 Register May 6
6:25-7:00 pm	M/W	AQKD, Level 1, 2	
7:05-7:40 pm	M/W	Level 1, 3, 4	

Class Times	Days	Classes	Session Dates
5:45-6:20 pm	T/TH	AQKD, Level 1	2E: Jun 4-27 Register May 6
6:25-7:00 pm	T/TH	PTOT, AQKD, Level 2	
7:05-7:40 pm	T/TH	Level 1, 4, 5	

Registration begins June 10, 2019 for Sessions 3, 4, 3E, 4E

Class Times	Days	Classes	Session Dates
9:00-9:35 am	M-THURS	AQKD, Level 1, 2	3: Jul 8-18 Register June 10
9:40-10:15 am	M-THURS	AQKD, Level 1, 2	
10:30-11:05 am	M-THURS	Level 1, 3, 4	
11:10-11:45 am	M-THURS	PTOT, AQKD, 1	
1:00-1:35 pm	M-THURS	AQKD, Level 1, 3	
1:40-2:15 pm	M-THURS	AQKD, Level 1, 2	
2:30-3:05 pm	M-THURS	AQKD, Level 1, 2	
3:10-3:45 pm	M-THURS	Level 3, 4, 5	

Class Times	Days	Classes	Session Dates
9:00-9:35 am	M-THURS	AQKD, Level 1, 2	4: Jul 22-Aug. 1 <i>*No class at 9:40 am*</i> Register June 10
10:30-11:05 am	M-THURS	AQKD, Level 2, 3	
11:10-11:45 am	M-THURS	AQKD, Level 1, 2	
1:00-1:35 pm	M-THURS	AQKD, Level 2, 3	
1:40-2:15 pm	M-THURS	AQKD, Level 1, 4	
2:30-3:05 pm	M-THURS	PTOT, AQKD, 1	
3:10-3:45 pm	M-THURS	Level 2, 3, 5	

Class Times	Days	Classes	Session Dates
5:45-6:20 pm	M/W	PTOT, AQKD, Level 1	3E: Jul 8-31 Register June 10
6:25-7:00 pm	M/W	AQKD, Level 1, 2	
7:05-7:40 pm	M/W	Level 1, 3, 4	

Class Times	Days	Classes	Session Dates
5:45-6:20 pm	T/TH	AQKD, Level 1	4E: Jul 9-Aug. 1 Register June 10
6:25-7:00 pm	T/TH	PTOT, AQKD, Level 2	
7:05-7:40 pm	T/TH	Level 1, 4, 5	

Swimming lessons are being offered by the Watertown Parks and Recreation Department. All lessons are taught at the Indoor Pool located in Riverside Middle School, 131 Hall Street. Each session is scheduled for eight 35 minute classes. Be sure to review the swim lesson course descriptions which briefly outline course content.

DATES TO REGISTER:

Monday, May 6, 2019, registration open for Sessions 1, 2, 1E, 2E.

Monday, June 10, 2019, registration open for Sessions 3, 4, 3E, 4E.

REGISTRATION PRIORITY:

1. Online at <https://watertownwi.recdesk.com/community>
2. Mailing-in or dropping off of the registration form—must include a self-addressed, stamped envelope to receive a confirmation of lessons. Class fee must accompany each registration.
3. In person in Park & Rec Office.

Register Online:

[https://watertownwi.recdesk.com/
community](https://watertownwi.recdesk.com/community)

for immediate confirmation

Swim Lessons Fees:
\$28/city resident
\$42/non-city resident



Swimming Lesson Class Descriptions

PTOT—Parent & Tot

This is a structured recreational activity for parents and their children (6 month to 3 years of age).

Aqua Kids—4-6 years old

Exit Skills: Demonstrate both front and back float skills, put face in the water and blow bubbles, submerge head and demonstrate bobs, without assistance jump off and swim/paddle back with confidence, follow directives from instructor.

Level 1—must be at least 5 years old

Exit Skills: Jump into water, swim/paddle on front for 5 yards, float on front with face in for 5 seconds, roll to back, float on back for 5 seconds, recover to a standing position, return to the wall on front, swim/fin on back for 5 yards, roll over, swim/paddle back to the wall on front, perform 5 bobs fully submerging head, blowing bubbles and eyes open.

Level 2—successfully complete Level 1 exit skills

Exit Skills: Push off the wall into a front glide for 5 yards, then swim front crawl with rhythmic breathing for at least 10 yards, push off into a back glide for 5 yards, then swim back crawl for at least 10 yards, tread water for 30 seconds, demonstrate elementary backstroke kick for at least 5 yards, demonstrate sidestroke kick for at least 5 yards, pick up a submerged object from pool bottom with eyes open.

Level 3—successfully complete Level 2 exit skills

Exit Skills: Dive (compact/kneeling) into the water, swim front crawl with rhythmic breathing for 15 yards, then maintain position by treading water for 1 minute, then swim back crawl for 15 yards, demonstrate combined elementary backstroke for at least 10 yards, demonstrate breaststroke kick for at least 10 yards, demonstrate scissors kick for at least 10 yards, demonstrate butterfly kick and body motion for at least 5 yards.

Level 4—successfully complete Level 3 exit skills

Exit Skills: Swim front crawl with rhythmic breathing for 25 yards, then maintain position on back for 2 minutes (floating or sculling), then swim back crawl for 25 yards; dive into deep water from a standing position, then tread water for 2 minutes using 2 different kicks; swim continuously using the following strokes: 25 yards of breaststroke, sidestroke, elementary backstroke; demonstrate butterfly for at least 15 yards; demonstrate survival float for at least 2 minutes.

Level 5—successfully complete Level 4 exit skills

Exit Skills: Swim continuously using the following strokes—50 yards of front crawl with rhythmic breathing and flip turn, 50 yards of back crawl with flip turn, 50 yards of elementary backstroke, 50 yards of breaststroke, 50 yards of sidestroke, 25 yards of butterfly, demonstrate survival float for 5 minutes, demonstrate survival swimming for 5 minutes, demonstrate a long shallow dive into deep water, then tread water for 5 minutes using at least 2 different kicks, no arms for 1 minute, demonstrate surface dives (feet-first, tuck and pike positions).

