

**Guidelines from the American Red Cross. Please read to choose the appropriate swim level for your child(ren).**

Level	Requirements	Course Description
<b>Infant</b>	<b>Ages 6 mos. to 18 mos.</b> An adult must accompany the child in the water. Swim diapers required. No swim caps required.	The infant program introduces the child to water in a friendly environment. The program's focus is exploration and includes songs and games. Parents will gain tips in water safety for their infants.
<b>Lil' Squirts</b>	<b>Ages 18 mos. to 36 mos.</b> An adult must accompany the child in the water. Swim diapers and swim caps required.	Lil' Squirts swim lessons acquaint the child with water through a combination of songs, games and basic water skills such as kicking and floating. Water safety practices will also be included.
<b>Tiny-Tot</b>	<b>Ages 3-4 yrs.</b> Previous pool experience NOT necessary. An adult must accompany the child in the water. Swim diapers recommended. Swim caps required.	Tiny-tots build elementary aquatic skills including independent floating, breath control and rudimentary paddling techniques. Safety skills include "breaking" the over-confident toddler to allow your child to realize what it takes to swim independently in water.
<b>Advanced Tiny-Tot</b>	<b>Ages 4-5 yrs.</b> Previous enrollment in Tiny-Tots OR ability to submerge entire body and kick across pool with a flotation device. An adult must accompany the child in the water.	Participants are introduced to elementary swimming skills such as kicking in a variety of ways, floating, and rhythmic breathing. This course serves as an appropriate transition to Level One. Parents will elaborate on safety skills, including swimming with their tot in tow.
<b>Little Lv. 1 OR Little Lv. 2</b>	<b>Ages 4-6 yrs.</b> Previous enrollment in Advanced Tots OR ability to submerge entire body and kick across pool with a kick board.	In the LITTLE Level 1/2 classes, the same elementary aquatic skills from Level One/Two are taught (see descriptions below.) In addition to meeting minimum 42" height requirement, your youngster should be able to be in class without you for the 45 minute class period. Instructors will advise promotion options based on age & skill.
<b>Level One Water Exploration</b>	<b>Ages 6-14 yrs.</b> None (Please see the height requirements noted under each swim location).	In Level 1, elementary aquatic skills are taught, which children will build on as they progress through the six Learn-to-Swim levels. In addition to rhythmic breathing and floating, skills include various kicks and arm strokes. At this level, children also start to develop positive attitudes and safe practices around the water.
<b>Level Two Fundamental Aquatic Skills</b>	<b>Ages 6-14 yrs.</b> Passed Level 1 or can demonstrate completion of all requirements in Level 1.	The objective of Level 2 is to give children success with fundamental skills. Children learn: floating without support and recovering to a vertical position, exploring simultaneous and alternating arm and leg motion to lay the foundations for future strokes. An introduction to deep water is included in this course.
<b>Level Three Stroke Development</b>	<b>Ages 6-14 yrs.</b> Passed Level 2 or can demonstrate completion of all requirements in Level 2.	Level 3 builds on the skills learned in Level 2 by providing additional guided practice. Children learn: coordinating the front and back crawl, fundamentals of treading water, rules for head first entries and additional safety skills. Most importantly, children who successfully complete this course will be ready to swim in deep water.
<b>Level Four A Stroke Improvement</b>	<b>Ages 6-15 yrs.</b> Passed Level 3 or can demonstrate all Level 3 requirements. Students MUST be comfortable in deep water.	The objective of Level 4A is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Children learn: improved skills and increased endurance in the familiar strokes (front/back crawl), and are introduced to the elementary backstroke, breaststroke, sidestroke, and butterfly.
<b>Level Four B Stroke Coordination</b>	<b>Ages 6-15 yrs.</b> Passed Level 4A or can demonstrate completion of all requirements in Level 4A.	The objective of Level 4B is to coordinate the strokes that were introduced in 4A. Students will put together the mechanics for elementary backstroke, breaststroke, sidestroke and butterfly. Underwater swimming and surface dives will also be included.
<b>Level Five Stroke Refinement</b>	<b>Ages 6-16 yrs.</b> Passed Level 4B or can demonstrate completion of all requirements in Level 4B.	The objective of Level 5 is refinement of strokes. Children learn: advanced techniques in all strokes (front/back crawl, butterfly, breaststroke, elementary backstroke, sidestroke) and will increase their distance endurance. Flip turns at the wall and improved diving skills will provide the student with the essentials to pursue swimming as a sport.
<b>Level Six Swimming Proficiency 4 MODULES Read -&gt;</b>	<b>Ages 6-16 yrs.</b> Passed Level 5 or can demonstrate completion of all requirements in Level 5.	The objective of Level 6 is to fine-tune swimming strokes to allow students to swim with efficiency and power. Four distinct Level 6 modules allow swimmers to broaden their aquatics skills into 4 very different areas. Module options include: Personal Water Safety (6PWS), Fundamentals of Diving (6D), Fitness Swimmer (6FS), and Lifeguard Readiness (6LR). Please check the listing to determine which modules are offered this season.

# 26 Aquatics • General Info. & Pool Schedule

**What to Bring to** — Swimsuit, towel, and swim cap. Please report 10 minutes before class starts. Swim caps must be worn by all individuals entering the pool (exception made for infants, lil' squirts and shallow water exercisers who do not submerge head). Swim caps may be purchased at pools for \$2.

**Height Requirements (Ages 6-14)** — Students must meet the minimum height of 48" for each pool. Children not able to stand in the shallow end of the pool should be enrolled in a Tiny-Tot or Advanced Tiny-Tot class where a parent/guardian must accompany the child in the water.

**Water Temperature** — Normal water temperature is 76–80°. The only exception is Gaenslen therapy pool which ranges 84-86°.

**Locker Rooms** — Participants may bring a padlock for lockers. All swim gear must be removed after each class. Children of the opposite sex, five years of age or under may accompany a parent in the locker room. Children ages six and above are expected to use their designated locker room — males in the boys' and females in the girls' locker rooms.

**Parents Day (Ages 6-14)** — Parents of children enrolled in Levels 1-6 of the Learn to Swim program are invited to observe classes on the first, middle, and last day of swim class.

**Pre-Testing** — A pre-test is given to swimmers in levels 2-6 on the first day of class to ensure that the swimmer is in the appropriate level. Instructors reserve the right to recommend alternate classes for those students unable to complete pre-tests.

**Testing** — Testing of swim skills learned generally occurs during the second to last lesson, and last lesson. Parents will be given certificates on the last day indicating which level to enroll in next.

**Infant and Tiny-Tot Requirements** — Diapers: Disposable diapers are not allowed. "Little swimmers" swim diapers are required. Parent Attendance: Parents must accompany their children in the water for all Infant, Lil' Squirt, Tiny-Tot, and Adv. Tiny-Tot classes. Second Child in Class: If a parent/guardian has more than one child enrolled in Infant, Lil' Squirt, Tiny-Tot or Advanced Tiny-Tot classes, the second child must be accompanied by a responsible person 16 years or older.

**Make-up Policy** — The Recreation Division works diligently to ensure that our pools stay in working operation to offer consistency in our programs. In the event that more than 1 class is cancelled due to circumstances we cannot control, we will work to make-up the missed class at a later date.

## LAP SWIM

**Ages 14 and up.** Lanes available on a first come, first serve basis. Circle swimming recommended.

Lap Swim Punch Passes may be purchased at your local community center and are valid for one year from date of purchase. Please do NOT send money in the mail for these passes.

10 punch pass: \$15  
(OR \$2 per swim)

### Hamilton

**SATURDAYS, JAN. 23 - MAR. 13**

7:45 a.m. - 8:45 a.m.

### Riverside

**SATURDAYS, JAN. 23 - MAR. 20**

8-9:00 a.m.  
(pool closed 3-13-10)

### Riverside

**MONDAYS/WEDNESDAYS, JAN. 4 - MAR. 24**

8:45-9:30 p.m.  
(pool closed 1-27-10)

## FREE FAMILY SWIM

Enjoy FREE swimming at a local community center this season.

- Children 7 years of age and under must be accompanied and supervised **in the water** by a parent or guardian.
- Participants must furnish a towel, suit, and swim cap. Swim caps may be purchased at the center for \$2.

### South

**MONDAYS/WEDNESDAYS, JAN. 11 - MAR. 24**

7:35 - 8:45 p.m.

### Gaenslen

**WEDNESDAYS, JAN. 27, FEB. 10 & 24, MAR. 10 & 24**

6:35 - 7:45 p.m.

### Juneau

**MONDAYS, JAN. 11 - MAR. 22**

7:20 - 8:40 p.m.

## Weather Policy & Program Cancellations:

**School Day Cancellations:** If weather conditions cause Milwaukee Public Schools to close or dismiss early, recreation programs will be canceled.

**Weekend Cancellations:** If the weekend weather is questionable, stay tuned to WTMJ AM 620, WMCS 1290 AM, or FOX-6 TV. These stations have been designated to report cancellations of our Saturday and Sunday Recreation activities, leagues, and interscholastic events.

# Children's Swim Lessons • (414) 647-6050 27

Priority registration is given to city of Milwaukee residents beginning December 7, 2009.  
 Non-city of Milwaukee residents may register beginning December 14, 2009.  
 You are encouraged to e-mail any questions to Swim@MilwaukeeRecreation.net.

**ATTENTION BAY VIEW SWIMMERS:**  
 Please enter the building at the Southwest Entrance, on Montana Street (near the football field.) Thank You.

## BAY VIEW HS BOYS' POOL

(Girls may also attend these classes.)  
 Height Requirement 42"

### SATURDAYS, JAN. 23 - MAR. 13

Course #	Time	Level
#19674	8:40 a.m.	1
#19737	8:40 a.m.	4B
#19697	9:30 a.m.	2
#19743	9:30 a.m.	5
#19715	10:30 a.m.	3
#19750	10:30 a.m.	6FS
#19675	11:30 a.m.	1
#19728	11:30a.m.	4A

### TUESDAYS, JAN. 26 - MAR. 16

Course #	Time	Level
#20078	5:40 p.m.	Tiny-Tot
#19766	6:10 p.m.	Lil' Lv. 1
#19681	7:00 p.m.	1

### THURSDAYS, JAN. 28 - MAR. 18

Course #	Time	Level
#19232	5:40 p.m.	Adv. Tots
#19771	6:30 p.m.	Lil' Lv. 2

## BAY VIEW HS GIRLS' POOL

(Boys may also attend these classes.)  
 Height Requirement: N/A  
 Parents must accompany children in the water. (See General Swim Info pg)

### SATURDAYS, JAN. 23 - MAR. 13

Course #	Time	Level
#19588	8:40 a.m.	Infant
#19756	9:10 a.m.	Lil' Squirts
#20071	9:50 a.m.	Tiny-Tot
#19225	10:30 a.m.	Adv. Tots
#19767	11:30 a.m.	Lil' Lv. 1

### TUESDAYS, JAN. 26 - MAR. 16

Course #	Time	Level
#19592	5:40 p.m.	Infant

### THURSDAYS, JAN. 28 - MAR. 18

Course #	Time	Level
#19763	5:40 p.m.	Lil' Squirts

## GAENSLER ELEMENTARY

Height Requirement 42"

### MONDAYS, JAN. 25 - MAR. 15

Course #	Time	Level
#19589	5:45 p.m.	Infant
#19729	5:55 p.m.	4A
#20079	6:15 p.m.	Tiny-Tot
#19769	6:50 p.m.	Lil' Lv. 1
#20518	6:50 p.m.	4B

### TUESDAYS, JAN. 26 - MAR. 16

Course #	Time	Level
#19757	5:30 p.m.	Lil' Squirts
#20519	5:40 p.m.	5
#19226	6:00 p.m.	Adv. Tots
#19676	6:45 p.m.	1
#19716	6:40 p.m.	3

### WEDNESDAYS, JAN. 27 - MAR. 17

Course #	Time	Level
#19768	5:45 p.m.	Lil' Lv. 1

### THURSDAYS, JAN. 28 - MAR. 18

Course #	Time	Level
#19698	5:25 p.m.	2

### SATURDAYS, JAN. 23 - MAR. 13

Course #	Time	Level
#19594	8:40 a.m.	Infant
#19762	9:15 a.m.	Lil' Squirts
#20076	9:50 a.m.	Tiny-Tot
#19229	10:25 a.m.	Adv. Tots
#20515	11:15 a.m.	Lil' Lv. 1
#19687	12:40 p.m.	1
#19734	12:40 p.m.	4A
#19706	1:30 p.m.	2
#19746	1:30 p.m.	5
#19722	2:30 p.m.	3
#19741	2:30 p.m.	4B
#19749	3:20 p.m.	6FS
#20516	3:20 p.m.	Lil' Lv. 2

## HAMILTON HIGH SCHOOL

Height Requirement 48"

### SATURDAYS, JAN. 23 - MAR. 13

Course #	Time	Level
#19590	8:45 a.m.	Infant
#19758	9:20 a.m.	Lil' Squirts
#20072	10:00 a.m.	Tiny-Tot
#19751	10:10 a.m.	6FS
#19227	10:30 a.m.	Adv. TT
#19744	11:05 a.m.	5
#20514	11:25 a.m.	Tiny-Tot
#19738	12:30 p.m.	4B
#19677	12:30 p.m.	1
#19700	1:20 p.m.	2
#19730	1:20 p.m.	4A
#19717	2:20 p.m.	3
#19707	2:20 p.m.	2
#19678	3:10 p.m.	1
#20523	3:10 p.m.	3

NOTE: Semi-private classes on Mondays.

### TUESDAYS, JAN. 26 - MAR. 16

Course #	Time	Level
#19591	6:00 p.m.	Infant
#19759	6:30 p.m.	Lil' Squirt

### WEDNESDAYS, JAN. 27 - MAR. 17

Course #	Time	Level
#20073	6:20 p.m.	Tiny-Tot
#19731	6:20 p.m.	4A
#19679	7:10 p.m.	1
#19739	7:10 p.m.	4B

### THURSDAYS, JAN. 28 - MAR. 18

Course #	Time	Level
#19770	6:20 p.m.	Lil' Lv. 1
#19718	6:20 p.m.	3
#19699	7:10 p.m.	2
#19745	7:10 p.m.	5

## SWIM LESSON PRICES

Level	Ages	Length	Cost
Infant	6 mo.-18 mo.	30 min.	\$24
Lil' Squirts	18 mo.-36 mo.	30 min.	\$24
Tiny-Tot	3-4 yrs.	30 min.	\$24
Adv. Tiny-Tot	4-5 yrs.	45 min.	\$30
Little Lv. 1 or 2	4-6 yrs.	45 min.	\$30
Levels 1-6	6-14 yrs.	50 min.	\$30

**NON-RESIDENTS PAY DOUBLE LISTED FEES**

# 28 Children's Swim Lessons • (414) 647-6050

## MARSHALL HIGH SCHOOL Height Requirement 48"

### SATURDAYS, JAN. 23 - MAR. 13

Course #	Time	Level
#19740	10:10 a.m.	4B
#19593	10:10 a.m.	Infant
#19760	10:50 a.m.	Lil' Squirts
#19747	11:05 a.m.	5
#20074	11:25 a.m.	Tiny-Tot
#19682	12:30 p.m.	1
#19719	12:30 p.m.	3
#19702	1:25 p.m.	2
#19732	1:25 p.m.	4A
#19683	2:20 p.m.	1
#19228	2:20 p.m.	Adv. Tots

### MONDAYS, JAN. 25 - MAR. 15

Course #	Time	Level
#19761	5:30 p.m.	Lil' Squirts
#20520	6:00 p.m.	Lil' Lv. 1
#19720	6:00 p.m.	3
#20521	6:55 p.m.	Lil' Lv. 2
#19733	6:55 p.m.	4A

### WEDNESDAYS, JAN. 27 - MAR. 17

Course #	Time	Level
# 19596	5:30 p.m.	Infants
# 19684	6:00 p.m.	1
# 20522	6:00 p.m.	3
# 19703	6:55 p.m.	2
# 20517	6:55 p.m.	4B

### THURSDAYS, JAN. 28 - MAR. 18

Course #	Time	Level
#20075	5:30 p.m.	Tiny-Tot
#19704	6:00 p.m.	2
#19231	6:00 p.m.	Adv. Tots
#19685	6:55 p.m.	1

## JUNEAU HIGH SCHOOL Height Requirement 48"

### MONDAYS, JAN. 25 - MAR. 15

Course #	Time	Level
#19680	5:40 p.m.	1
#19701	6:30 p.m.	2

### WEDNESDAYS, JAN. 27 - MAR. 17

Course #	Time	Level
#19721	5:40 p.m.	3
#19686	6:30 p.m.	1

## SOUTH DIVISION HS Height Requirement 48"

### SATURDAYS, JAN. 23 - MAR. 13

Course #	Time	Level
#19705	9:30 a.m.	2
#19691	10:00 a.m.	1
#19748	10:20 a.m.	5
#19595	11:00 a.m.	Infant
#19735	11:20 a.m.	4A
#19764	11:30 a.m.	Lil'Squirts
#19723	12:10 p.m.	3
#20077	12:10 p.m.	Tiny-Tot
#19689	2:30 p.m.	1
#19708	2:30 p.m.	2
#19690	3:30 p.m.	1
#19742	3:30 p.m.	4B

## TEEN SWIM LESSON

Ages 13 - 18.

Teen swim allows students to learn to swim with peers of their own age. No prerequisites for this class. Swim caps required & available on site for \$2.

**Marshall..... #20513**

**THURSDAYS, JAN. 28 - MAR. 18**

6:45 - 7:45 p.m.

\$32 Residents/\$48 Non-Residents

**Riverside..... #20503**

**SATURDAYS, Jan. 23 - Mar. 20**

(pool closed 3/13)

1:15 - 2:15 p.m.

\$32 Residents/\$48 Non-residents

## SEMI-PRIVATE SWIMMING LESSONS

Ages 6-14; Semi-private lessons provide a smaller student to-teacher ratio and greater individual attention to your youngster's swimming abilities! The small class size is especially beneficial for students with elevated fear of the water or who have previously not been successful with the learn to swim process. Sign up today. Space is limited.

**30 min. in length,  
1 to 4 children per class  
\$60 Residents/\$120Non-res**

**NOT ELIGIBLE FOR REDUCED FEES.**

## BAY VIEW GIRLS' POOL Height Requirement 42"

### TUESDAYS, JAN. 26 - MAR. 16

Course #	Time	Level
#19711	6:20 p.m.	2
#19694	6:55 p.m.	1

### THURSDAYS, JAN. 28 - MAR. 18

Course #	Time	Level
#19696	6:20 p.m.	1
#19709	6:55 p.m.	2

## HAMILTON HIGH SCHOOL Height Requirement 48"

### MONDAYS, FEB. 1 - MAR. 22

Course #	Time	Level
# 19692	6:20 p.m.	1
# 19724	6:20 p.m.	3
# 19710	6:55 p.m.	2
# 19736	6:55 p.m.	4A
# 19712	7:30 p.m.	2
# 19725	7:30 p.m.	3

## RIVERSIDE HIGH SCHOOL Height Requirement 48"

### SATURDAYS, JAN. 23 - MAR. 20 Pool Closed 3/13/10

Course #	Time	Level
#20511	10:10 a.m.	4A
#19693	10:10 a.m.	1
#19713	10:40 a.m.	2
#20512	10:40 a.m.	4B
#19695	11:15 a.m.	1
#19726	11:15 a.m.	3

## SWIM LESSON PRICES

Level	Ages	Length	Cost
Infant	6 mo.-18 mo.	30 min.	\$24
Lil' Squirts	18 mo.-36 mo.	30 min.	\$24
Tiny-Tot	3-4 yrs.	30 min.	\$24
Adv. Tiny-Tot	4-5 yrs.	45 min.	\$30
Little Lv. 1 or 2	4-6 yrs.	45 min.	\$30
Levels 1-6	6-14 yrs.	50 min.	\$30

**NON-RESIDENTS PAY DOUBLE LISTED FEES**

**TO SIGN UP, SEE PAGE 2**

## COMPETITIVE SWIM

**Ages 6-18.** The Competitive Swim Club is for the intermediate and experienced swimmer. Course objectives are to promote enjoyment in learning fundamental competitive swimming skills and provide continuing development for the experienced swimmer. New members need not be expert swimmers, since they practice and compete with others of their own ability. It is recommended that the participants have passed the Red Cross Level 4. No swimmers allowed to participate without proof of enrollment.

### NOT ELIGIBLE FOR REDUCED FEES.

Additional family members enrolling in the Competitive Swim program pay 50% of the listed fees.

#### Milwaukee Piranha Swim Team Riverside High School

Mon., Wed. AND Thur.  
Jan. 6 - Mar. 25  
(no practice 1/27 or 2/4)

#### Intermediate .....#19432

6:30 - 7:30 p.m.,  
\$54 Residents/\$108Non-Res

#### Advanced .....#19429

6:00-7:30 p.m.,  
\$72 Residents/\$144Non-Res

#### Milwaukee Piranha Swim Team Juneau High School

Tue. & Thur., Jan. 7 - Mar. 25  
AND Sat. Jan 9 - Mar. 27

#### Intermediate .....#19434

6:15-7:15 pm & SAT 9:30-10:30 am  
\$60 Residents/\$120Non-Res

#### Advanced .....#19430

6:15-7:45 pm and SAT 9:30-11 am  
\$80 Residents/\$160Non-Res

#### Milwaukee Tidal Wave Swim Team South Division High School

Mon., Wed. AND Thur.  
Jan. 6 - Mar. 25

#### Intermediate .....#19433

6:30 - 7:30 p.m.,  
\$60 Residents/\$120Non-Res

#### Advanced .....#19431

6:00-7:30 p.m.,  
\$80 Residents/\$160Non-Res

## PRE-COMPETITIVE SWIM ACADEMY

**Ages 4-12.** For the beginning swimmer interested in swimming on the swim team. Swimmers must be able to swim one full length of the pool on their back and stomach. No swimmers allowed to participate without proof of enrollment.

### NOT ELIGIBLE FOR REDUCED FEES.

Additional family member discount does NOT apply.

#### South .....#19844

Mon. & Wed, Jan. 6 - Mar. 25  
5:45 - 6:30 p.m.  
\$40 Residents/\$80Non-Res

#### Riverside .....#19845

Mon. & Wed, Jan. 6 - Mar. 25  
5:45 - 6:30 p.m. (no swim 1/27)  
\$40 Residents/\$80Non-Res

#### Juneau .....#19846

Tues. & Thur., Jan. 7 - Mar. 26  
5:30-6:15 p.m.  
\$40 Residents/\$80Non-Res

## Swim Team NEW Family Orientation Night

All families NEW to our competitive swim program are welcome to come meet the coaches, review the meet calendar and get acquainted with other swim parents. Your children are encouraged to attend this evening with you as they may have an opportunity to get in the water and enjoy a "mock practice" so that the first night of real practice will feel familiar.

### ORIENTATION IS FREE OF CHARGE!

#### South ..... 20540

Monday Jan. 4; 6:30-7:30 p.m.

#### Riverside..... 20539

Monday, Jan. 4; 6:00-7:00 p.m.

#### Juneau .....20541

Tuesday, Jan. 5; 5:30-6:30 p.m.

## ATTENTION ALL FAMILIES WITH CHILDREN AGES 4 - 16

# FREE WATER SAFETY EVENT

Milwaukee Recreation, in collaboration with the Milwaukee Aquatics Association and Milwaukee Fire Department, are pleased to present:

## APRIL POOLS DAY

All families are invited to come out to the pool this fine Saturday in Spring. With snow and ice melting, waterways begin to flow rapidly creating curiosity and danger for children. The fire department will give a demonstration on water safety. The Milwaukee Aquatics Association will provide interactive educational stations for your children that will leave a lasting impression. The session will finish with open pool time for families to enjoy the water safely. Swim caps required for those who wish to swim. Caps available on site for \$2. Children must be accompanied by an adult during this event.

#### South .....20543

Saturday, March 27  
9:00 a.m. - Noon **FREE!**

#### North .....20542

Saturday, March 27  
1:30 - 4:30 p.m. **FREE!**

**ADULT SWIM LESSONS**

All ability levels are welcome to enroll in this course. Beginning swimmers will orient to the basics of floating and stroking while intermediate swimmers will work on refining swimming strokes.

**Bay View..... #19223**

**TUESDAYS, JAN. 26 - MAR. 16**

7:50 - 8:50 p.m.

\$32 Residents/\$48 Non-Residents

**Gaenslen..... #19222**

**MONDAYS, JAN. 25 - MAR. 15**

7:45 - 8:45 p.m.

\$32 Residents/\$48 Non-Residents

**Marshall..... #19218**

**SATURDAYS, JAN. 23 - MAR. 13**

9:00 - 10:00 a.m.

\$32 Residents/\$48 Non-Residents

**Marshall..... #19219**

**WEDNESDAYS, JAN. 27 - MAR. 17**

7:45-8:45 p.m.

\$32 Residents/\$48 Non-Residents

**Riverside..... #19220**

**SATURDAYS, JAN. 23 - MAR. 20**

9:00 -10:00 a.m.

(pool closed 3-13-10)

\$32 Residents/\$48 Non-Residents

**South..... #19221**

**SATURDAYS, JAN. 23 - MAR. 13**

1:30-2:30 p.m.

\$32 Residents/\$48 Non-Residents

**“FEAR FACTOR” ADULT SEMI-PRIVATE SWIM LESSON**

**Ages 18-99.** If you stay away from water due to “aqua-phobia” this is the class for you. You and 3 others will receive specialized instruction to overcome your fear of water and get you swimming!

**Bay View..... #19510**

**THURSDAYS, JAN. 28 - MAR. 18 .....**

7:30-8:30 p.m.

\$60 Residents/\$90 Non-Residents

**Gaenslen..... #19507**

**TUESDAYS, JAN. 26 - MAR. 16**

7:45-8:45 p.m.

\$60 Residents/\$90 Non-Residents

**Juneau..... #19508**

**WEDNESDAYS, JAN. 27 - MAR. 17**

7:40 - 8:40 p.m.

\$60 Residents/\$90 Non-Residents

**Marshall..... #19509**

**SATURDAYS, JAN. 23 - MAR. 13**

3:30 - 4:30 p.m.

\$60 Residents/\$90 Non-Residents

**MASTERS’ SWIM**

**Ages 18 - 99**

The Masters’ Swim Club is for the adult experienced swimmer. Course objectives are to promote enjoyment in physical fitness and to provide continuing development of stroke mechanics.

**WEEKEND WARRIOR OPTIONS:**

PLEASE REVIEW THE FOLLOWING: Swimmers with a TRIATHLON focus or prefer challenging workouts who can PACE a 50 Free on 50 seconds enroll in the EARLY option.

Swimmers who prefer greater variety in their swim (IM) and a less competitive workout enroll in the LATER option.

**Juneau (EARLY)..... #19782**

**SATURDAYS, JAN. 9 - MAR. 27**

7:30-8:30 a.m.

\$38 Residents/\$57 Non-Residents

**Juneau (LATER)..... #19783**

**SATURDAYS, JAN. 9 - MAR. 27**

8:30-9:30 a.m.

\$38 Residents/\$57 Non-Residents

**DAILY GRIND OPTION:**

Coach Jackson will have you setting your alarm with a smile on your face. You will be pleased with the results a morning swim can give you!

**South..... #19780**

Mon, Tue, Thu, AND Fri.

Jan. 4 - Mar. 26,

5:30-6:55 a.m.

\$72 Residents/\$108 Non-Residents

**HALF GROUND OPTION:**

You choose which 2 days of the “Daily Grind” above suit your schedule best!

**South..... #19781**

\$54 Residents/\$81 Non-Residents

**ADAPTIVE SWIM INSTRUCTION**

Adults. This course is designed for individuals with physical disabilities who would like to enjoy the freedom water can provide. Learn to use the buoyant environment of water to walk, jog and swim.

**Juneau..... #20505**

Wednesdays, Jan. 27 - Mar. 17

7:30-8:40 p.m.

\$32 Residents/\$32 Non-residents

**AMERICAN RED CROSS LIFEGUARD TRAINING**

**Ages 15 years and above.**

This class trains participants to prevent and respond to aquatic emergencies. Course includes: water rescue, first aid and CPR/AED for the professional rescuer. **Must be 15** years of age before the last day of class.

Prerequisites for the class include:

- Swim 300 yards non-stop (using breaststroke and front crawl)
- Submerge 10-12 feet to retrieve a 10-pound brick & return 20 yards.

Class fees are reimbursed to candidates who work for MPS Recreation for 1 year.

**\$130 Residents/\$195 Non-Res NOT ELIGIBLE FOR REDUCED FEES.**

**North..... #20544**

Saturdays, Feb. 20 - March 20

8:30am - 4:45pm (bring bag lunch)

**Riverside..... #19755**

Mondays AND Wednesdays

Feb. 17 - May 5 (no class 4/5 - 4/7)

3:00 p.m.-5:15 p.m.

**South..... #20504**

**MONDAY - FRIDAY, APRIL 5 - 9**

8:30am - 4:45pm (bring bag lunch)

**AMERICAN RED CROSS WATER SAFETY INSTRUCTOR**

**Ages 16 and up.**

Proficient swimmers who enjoy children need to consider this opportunity. This certification course allows you to become eligible to teach swimming worldwide. You will learn how to teach levels 1-6 of the Learn to Swim program, classes for infants and pre-schoolers and basic water rescue.

Prerequisites include: 50 yards in each of the following: front and back crawl, breaststroke, butterfly, sidestroke, and elementary backstroke.

**Train NOW for IDEAL summer jobs!**

Class fees are reimbursed to candidates who work for MPS Recreation for 1 year.

**Riverside..... #20130**

Tuesdays, Feb 9 - May 25

(no class 4/6)

5:40 p.m.-8:55 p.m.

\$150 Residents/\$225 Non-Res

**NOT ELIGIBLE FOR REDUCED FEES.**

## WATER AEROBICS

Adults. Splish. Splash. Come find out why this class has become the most popular in aquatics. The “coolest” way to increase flexibility, muscle strength, and endurance. Space is limited!

**Gaenslen** ..... #20115

**MONDAYS, JAN. 25 - MAR. 15**

4:45 - 5:45 pm **with Kevin**

\$32 Res /\$48 Non-Res

**Gaenslen**..... #20116

**WEDNESDAYS, JAN. 27 - MAR. 17**

4:45 - 5:45 pm **with Kevin**

\$32 Res /\$48 Non-Res

**Gaenslen**..... #20545

**FRIDAYS, JAN. 29 - MAR. 19**

4:45 - 5:45 pm **with Kevin**

\$32 Res /\$48 Non-Res

**Hamilton** ..... #20117

**MONDAYS, FEB. 1 - MAR. 22**

8:00 - 9:00 pm **with Char**

\$32 Res /\$48 Non-Res

**Hamilton** ..... #20120

**WEDNESDAYS, JAN. 27 - MAR. 17**

8:00 - 9:00 pm **with Ashley**

\$32 Res /\$48 Non-Res

**Marshall**..... #20118

**THURSDAYS, JAN. 28 - MAR. 18**

7:45 - 8:45 pm **with Mary**

\$32 Res /\$48 Non-Res

**Juneau** ..... #20119

**SATURDAYS, JAN. 9 - MAR. 27**

11:15 - 12:15 pm **with Mary**

\$42Res /\$63Non-Res

**Riverside**..... #20123

**MONDAYS, JAN. 4 - MAR. 22**

7:40 - 8:40 pm **with Sarah**

\$42 Res /\$63 Non-Res

**Riverside** ..... #20124

**WEDNESDAYS, JAN. 6 - MAR. 24**

7:40 - 8:40 pm **with Jen**

\$42Res /\$63 Non-Res

## DEEP WATER AEROBICS

Adults. Looking for a change in your water workout? How about a class designed to take you into, rather than over, the deep end? This class will be held in deep water, allowing you to realize the unique benefits of deep water exercise. Participants will be provided a flotation belt. Get ready for a high intensity workout. Space is limited!

**Juneau** .....#19464

**THURSDAYS, JAN. 7 - MAR. 25**

7:50 - 8:50 pm **with Katie S.**

\$42Res /\$63Non-Res

**Riverside**.....#19465

**THURSDAYS, JAN. 7 - MAR. 25**

7:40 - 8:40 pm **with Jen**

\$42Res /\$63Non-Res

## DEEP FITNESS CHALLENGE

**Ages 14-99.** This class is for the deep water swimmer who is looking for an opportunity to explore the cardio and resistance training benefits the water has to offer. You will use a combination of aqua-jogger belts (provided) and floating dumbbells to build a workout that will include aqua-running, aerobics and core training.

**Hamilton** ..... #19463

**SATURDAYS, JAN. 23 - MAR. 13**

9:00 - 10:00 am **with Beca**

\$32Res /\$48Non-Res

## THERAPEUTIC EXERCISE

Adults. This class is designed for individuals with or without disabilities who would like to benefit from the therapeutic values water provides. Participants should be able to enter the pool on his/her own or bring an attendant to assist. Gaenslen has a beautiful ZERO DEPTH walk in entry to the water.

**Gaenslen**..... #20506

**THURSDAYS, JAN. 28 - MAR. 18**

7:45-8:45 p.m. **with Jill**

\$32 Residents/\$48 Non-residents

## CARDIO SPLASH!

Water aerobics is ideal for individuals looking to convert fat into lean muscle tissue. The weight of the water adds strength training as you move against its resistance. Join this class and you'll benefit with better weight regulation and decreased discomforts of joint pain associated with land aerobics. Exercise intervals will increase intensity each week. **Please bring a pair of hand weights and a water bottle to every class.**

**Hamilton** ..... #19383

**THURSDAYS, JAN. 28 - MAR. 18**

8:00-9:00 pm **with Katie H.**

\$32Res /\$48Non-Res

**Marshall**..... #19381

**MONDAYS, JAN. 25 - MAR. 15**

7:45-8:45 pm **with Mary**

\$32 Residents/\$48 Non-Res

**Juneau** ..... #19384

**TUESDAYS, JAN. 5 - MAR. 23**

7:50 - 8:50 pm **with Katie H.**

\$42 Res /\$63 Non-Res

**Riverside (Cardio Supreme!)** . #19385

**SATURDAYS, JAN. 23 - MAR. 20**

(pool closed 3-13-10)

11:50am - 1:10 pm **with Nicole**

\$40 Res /\$60 Non-Res

**South**..... #19382

**THURSDAYS, JAN. 7 - MAR. 25**

7:35-8:35 pm **with Sarah**

\$42 Residents/\$63 Non-Res

## AQUANATAL

Adults. Are you expecting? Water aerobics classes are ideal for women during pregnancy and postpartum due to lessened amount of impact during aerobic activity. Join this class and you'll benefit with better weight regulation and decreased discomforts of pregnancy. Please seek a physician's approval prior to participation.

**Hamilton** ..... #19261

**TUESDAYS, JAN. 26 - MAR. 16**

8:00 - 9:00 pm **with Char**

\$32 Res /\$48 Non-Res

Visit our website  
to register online!

MilwaukeeRecreation.net