

**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 crawl and elementary backstroke, 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 aquatic 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

## General Swim Information

**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 enrolling in Levels 1 - 6 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 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 deteriorate in water and are not allowed. **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.

## OPEN POOL SCHEDULE - Enjoy!

### 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 cash to registration office.

10-punch Pass: \$15.00  
Single Visit Swim: \$2.00

### Schedule

#### Riverside High School

Saturdays, 8:00 - 9:00 a.m.  
September 25 --> November 20  
(Pool closed on: October 9)

Mondays AND Wednesdays, 8:45 - 9:30 p.m.  
September 20 --> December 15  
(Pool closed on: October 27)

#### Hamilton High School

Saturdays, 7:45 - 8:45 a.m.  
September 25 --> November 13

### Community Swim

Enjoy FREE swimming for the whole family.

-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 pool for \$2.00.**

#### Gaenslen Elementary

Wednesdays, 6:45 - 7:55 p.m.  
September 29 --> November 17

#### Hamilton High School

Thursdays, 6:20 - 7:30 p.m.  
November 4, 11 & 18 only.

#### Juneau High School

Wednesdays, 7:25 - 8:45 p.m.  
September 29 --> November 17  
(2 lap lanes available when attendance permits)

#### South Division High School

Mondays AND Wednesdays, 7:20 - 8:40 p.m.  
September 20 --> December 15

**TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOV. 25-28 AND DEC. 22-JAN. 2**

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

## Swim Lesson Prices

CLASS	AGES	LENGTH	FEE
Infant	6-18 mos.	30 min.	\$24 Res
Lil' Squirts	18-36 mos.	30 min.	\$24 Res
Tiny-Tot	3-4 yrs.	30 min.	\$24 Res
Adv. Tots	4-5 yrs.	45 min.	\$30 Res
Lil' Lv. 1/2	4-6 yrs.	45 min.	\$30 Res
Levels 1-6	6-16 yrs.	50 min.	\$30 Res

**NON-RESIDENTS PAY DOUBLE LISTED FEES.**

## BAY VIEW BOYS' POOL

(Girls may also attend these classes.)

Height Requirement 42"

### Saturdays, Sept. 25 - Nov. 13

make-up reserve date: Nov. 20

Class #	Time	Level
#23749	8:30 a.m.	1
#23811	8:30 a.m.	4A
#23773	9:30 a.m.	2
#23841	9:30 a.m.	6PWS
#23792	10:30 a.m.	3
#23833	10:30 a.m.	5
#23750	11:30 a.m.	1
#23824	11:30 a.m.	4B

### Tuesdays, Sept. 28 - Nov. 16

make-up reserve date: Nov. 23

Class #	Time	Level
#24272	5:30 p.m.	Tiny-Tot
#23769	6:05 p.m.	1
#23784	6:55 p.m.	2

### Thursdays, Sept. 30 - Nov. 18

make-up reserve date: Dec. 1

Class #	Time	Level
#23210	5:30 p.m.	Adv. Tots
#23862	6:15 p.m.	Lil' Lv. 1
#24721	7:00 p.m.	Lil' Lv. 2

## BAY VIEW GIRLS' POOL

(Boys may also attend these classes.)

### Saturdays, Sept. 25 - Nov. 13

make-up reserve date: Nov. 20

Class #	Time	Level
#23657	8:25 a.m.	Infant
#23845	9:00 a.m.	Lil' Squirts
#24264	9:35 a.m.	Tiny-Tot
#23215	10:10 a.m.	Adv. Tots
#23866	11:00 a.m.	Lil' Lv. 1
#24720	11:45 a.m.	Lil' Lv. 2

### Tuesdays, Sept. 28 - Nov. 16

make-up reserve date: Nov. 23

Class #	Time	Level
#23659	5:30 p.m.	Infant

### Thursdays, Sept. 30 - Nov. 18

make-up reserve date: Dec. 1

Class #	Time	Level
#23846	5:30 p.m.	Lil' Squirts

## GAENSLEN ELEMENTARY POOL

Height Requirement 42"

### Saturdays, Sept. 25 - Nov. 13

make-up reserve date: Nov. 20

Class #	Time	Level
#23665	8:30 a.m.	Infant
#23854	9:05 a.m.	Lil' Squirts
#24271	9:40 a.m.	Tiny-Tots
#23214	10:15 a.m.	Adv. Tots
#23867	11:05 a.m.	Lil' Lv. 1
#23764	12:40 p.m.	1
#23818	12:40 p.m.	4A
#23783	1:35 p.m.	2
#23838	1:35 p.m.	5
#23797	2:30 p.m.	3
#23828	2:30 p.m.	4B
#23868	3:25 p.m.	Lil' Lv. 2
#23843	3:25 p.m.	6PWS

### Mondays, Sept. 27 - Nov. 15

make-up reserve date: Nov. 22

Class #	Time	Level
#23661	5:50 p.m.	Infant
#23814	5:55 p.m.	4A
#23216	6:20 p.m.	Adv. Tots
#23796	6:50 p.m.	3
#23755	7:05 p.m.	1

### Tuesdays, Sept. 28 - Nov. 16

make-up reserve date: Nov. 23

Class #	Time	Level
#23847	5:25 p.m.	Lil' Squirts
#24724	5:40 p.m.	6LR
#23869	6:00 p.m.	Lil' Lv. 2
#23826	6:40 p.m.	4B
#23863	6:50 p.m.	Lil' Lv. 1

### Wednesdays, Sept. 29 - Nov. 17

make-up reserve date: Nov. 24

Class #	Time	Level
#23864	5:50 p.m.	Lil' Lv. 1
#24723	5:50 p.m.	3

**JOIN US for FREE FAMILY SWIM** at Gaenslen. Your kids will enjoy showing you the new skills they've learned in lessons! Schedule on previous page.

### Thursdays, Sept. 30 - Nov. 18

make-up reserve date: Dec. 1

Class #	Time	Level
#24267	5:25 p.m.	Tiny-Tot
#23778	6:00 p.m.	2
#23839	6:00 p.m.	5

## HAMILTON HIGH SCHOOL POOL

Height Requirement 48"

### Saturdays, Sept. 25 - Nov. 13

make-up reserve date: Nov. 20

Class #	Time	Level
#23658	8:45 a.m.	Infant
#23848	9:20 a.m.	Lil' Squirts
#24265	10:00 a.m.	Tiny-Tot
#23840	10:10 a.m.	6PWS
#23211	10:30 a.m.	Adv. Tots
#23834	11:05 a.m.	5
#23852	11:25 a.m.	Lil' Squirts
#23751	12:30 p.m.	1
#23825	12:30 p.m.	4B
#23775	1:20 p.m.	2
#23812	1:20 p.m.	4A
#23776	2:20 p.m.	2
#23794	2:20 p.m.	3
#23753	3:10 p.m.	1
#23793	3:10 p.m.	3

### Mondays, Sept. 27 - Nov. 15

make-up reserve date: Nov. 22

Class #	Time	Level
#23865	6:05 p.m.	Lil. Lv 1
#23803	6:05 p.m.	3
#23777	6:55 p.m.	2
#24725	6:55 p.m.	6LR

### Tuesday, Oct. 5 - Dec. 7

(NO Oct.12 or 19)

make-up reserve date: Dec. 14		
Class #	Time	Level
#23660	5:35 p.m.	Infant
#24722	6:05 p.m.	1
#23835	6:05 p.m.	5

### Wednesdays, Sept. 29 - Nov. 17

make-up reserve date: Nov. 24

Class #	Time	Level
#24266	6:15 p.m.	Tiny-Tot
#23813	6:05 p.m.	4A
#23752	6:55 p.m.	1
#23827	6:55 p.m.	4B

November Nights at the POOL for the whole FAMILY. Don't let the cooler temps lock you onto sofa; come swim at HAMILTON this season on Thursdays. It's always tropical in the pool area! See previous page for schedule.

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

## Swim Lesson Prices

CLASS	AGES	LENGTH	FEE
Infant	6-18 mos.	30 min.	\$24 Res
Lil' Squirts	18-36 mos.	30 min.	\$24 Res
Tiny-Tot	3-4 yrs.	30 min.	\$24 Res
Adv. Tots	4-5 yrs.	45 min.	\$30 Res
Lil' Lv. 1/2	4-6 yrs.	45 min.	\$30 Res
Levels 1-6	6-16 yrs.	50 min.	\$30 Res

NON-RESIDENTS PAY DOUBLE LISTED FEES.

## JUNEAU HS POOL

Height Requirement 48"

Saturdays, Sept. 25 - Nov. 13

make-up reserve date: Nov. 20

Class #	Time	Level
#23754	1:00 p.m.	1
#23786	2:00 p.m.	2
#23808	3:00 p.m.	3

Mondays, Sept. 27 - Nov. 15

make-up reserve date: Nov. 22

Class #	Time	Level
#23789	5:40 p.m.	2
#23761	6:30 p.m.	1

Wednesdays, Sept. 29 - Nov. 17

make-up reserve date: Nov. 24

Class #	Time	Level
#23767	5:40 p.m.	1
#23804	6:30 p.m.	3

## SOUTH DIVISION HS POOL

Height Requirement 48"

Saturdays, Sept. 25 - Nov. 13

make-up reserve date: Nov. 20

Class #	Time	Level
#23765	9:10 a.m.	1
#23831	9:10 a.m.	4B
#23664	10:00 a.m.	Infant
#23802	10:00 a.m.	3
#23760	10:55 a.m.	1
#23213	10:40 a.m.	Adv.Tots
#23853	11:30 a.m.	Lil' Squirts
#23788	11:50 a.m.	2
#24270	12:10 p.m.	Tiny-Tot
#23762	2:20 p.m.	1
#23817	2:20 p.m.	4A
#23782	3:10 p.m.	2
#23801	3:10 p.m.	3
#23763	4:00 p.m.	1
#24209	4:00 p.m.	TEEN

## MARSHALL HS POOL

Height Requirement 48"

Saturdays, Sept. 25 - Nov. 13

make-up reserve date: Nov. 20

Class #	Time	Level
#23851	10:00 a.m.	Lil' Squirts
#23842	10:00 a.m.	6PWS
#23662	10:30 a.m.	Infant
#24268	11:10 a.m.	Tiny-Tot
#23815	10:50 a.m.	4A
#23217	11:45 a.m.	Adv. Tots
#23836	11:40 a.m.	5
#23756	1:00 p.m.	1
#23798	1:00 p.m.	3
#23780	1:50 p.m.	2
#23829	1:50 p.m.	4B
#23799	2:45 p.m.	3
#23757	2:45 p.m.	1

Mondays, Sept. 27 - Nov. 15

make-up reserve date: Nov. 22

Class #	Time	Level
#23850	5:40 p.m.	Lil' Squirts
#23758	5:40 p.m.	1
#23781	6:30 p.m.	2
#23816	6:30 p.m.	4A

Wednesdays, Sept. 29 - Nov. 17

make-up reserve date: Nov. 24

Class #	Time	Level
#24269	5:40 p.m.	Tiny-Tot
#23759	5:40 p.m.	1
#23212	6:30 p.m.	Adv.Tots
#23779	6:30 p.m.	2

Thursdays, Sept. 30 - Nov. 18

make-up reserve date: Dec. 1

Class #	Time	Level
#23663	5:40 p.m.	Infant
#23766	5:40 p.m.	1
#23800	6:30 p.m.	3
#23830	6:30 p.m.	4B

## NORTH DIVISION HS POOL

Saturdays, Sept. 25 - Nov. 13

make-up reserve date: Nov. 20

Class #	Time	Level
#23768	1:30 p.m.	1
#23787	2:25 p.m.	2
#23205	3:20 p.m.	ADULT

## SEMI-PRIVATE SWIM LESSONS

Ages 6-14; 1 to 4 children per class. 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 anxiety about the learn to swim process. Sign up today. Space is obviously limited.

**NOT ELIGIBLE FOR REDUCED FEES.**

Eight 30-minute classes:

**\$60 Residents/ \$120 Non-residents**

## BAY VIEW GIRLS POOL

(Boys may also attend these classes.)

Tuesdays, Sept. 28 - Nov. 16

make-up reserve date: Nov. 23

Class #	Time	Level
#23790	6:05 p.m.	2
#23770	6:40 p.m.	1
#24719	7:15 p.m.	3

## BAY VIEW GIRLS POOL

(Boys may also attend these classes.)

Thursdays, Sept. 30 - Nov. 18

make-up reserve date: Dec. 1

Class #	Time	Level
#23809	6:05 p.m.	3
#24718	6:40 p.m.	2
#24717	7:15 p.m.	1

## RIVERSIDE HIGH SCHOOL

Saturdays, Sept. 25 - Nov. 20

(NO CLASSES on Oct. 9)

make-up reserve date: Dec. 4

Class #	Time	Level
#23771	10:10 a.m.	1
#23823	10:10 a.m.	4A
#23791	10:40 a.m.	2
#23832	10:40 a.m.	4B
#23772	11:15 a.m.	1
#23810	11:15 a.m.	3

**TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED NOV. 25-28 AND DEC. 22-JAN. 2**

# Children's Swim Lessons • (414) 647-6050 29

## Adult Swim Lessons

Ages 17 and up. If you are a beginning swimmer, this class will orient you to swimming essentials so you will feel comfortable in and around water. You will learn basic swim strokes and water safety techniques. Advanced and intermediate swimmers will work on refining swimming strokes. Swimming caps are required and are available at the pools for \$2.

### Bay View ..... #23207

Tuesdays, 7:50 - 8:50 p.m.  
September 28 --> November 16  
\$32 Residents/\$48 Non-residents

### Gaenslen ..... #23208

Mondays, 7:55 - 8:55 p.m.  
September 27 --> November 15  
\$32 Residents/\$48 Non-residents

### North ..... #23205

Saturdays, 3:20 - 4:20 p.m.  
September 25 --> November 13  
\$32 Residents/\$48 Non-residents

### Marshall ..... #23202

Saturdays, 9:00 - 10:00 a.m.  
September 25 --> November 13  
\$32 Residents/\$48 Non-residents

### Marshall ..... #23206

Wednesdays, 7:30 - 8:30 p.m.  
September 29 --> November 17  
\$32 Residents/\$48 Non-residents

### Riverside ..... #23203

Saturdays, 9:00 - 10:00 a.m.  
September 25 --> November 20  
(No class on: October 9)  
\$32 Residents/\$48 Non-residents

### South ..... #23204

Saturdays, 1:15 - 2:15 p.m.  
September 25 --> November 13  
\$32 Residents/\$48 Non-residents

## Teen Swim Lesson

Ages 13 - 19.

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.

### South ..... #24209

Saturdays, 4:00 - 4:50 p.m.  
September 25 --> November 13  
\$30 Residents/\$45 Non-residents

## "Fear-Factor" Semi-Private

### Adult Lesson

Adults. If the reason you avoid situations that involve water is due to "aquaphobia," this is the class for you. You and 3 other students will receive specialized instruction to overcome fear of the water and get you swimming!

### Bay View ..... #23548

Thursdays, 7:45 - 8:45 p.m.  
September 30 --> November 18  
\$60 Residents/\$90 Non-residents

### Gaenslen ..... #23550

Tuesdays, 7:40 - 8:40 p.m.  
September 28 --> November 16  
\$60 Residents/\$90 Non-residents

### Juneau ..... #23549

Mondays, 7:40 - 8:40 p.m.  
September 27 --> November 15  
\$60 Residents/\$90 Non-Residents

### Marshall ..... #23551

Saturdays, 3:40 - 4:40 p.m.  
September 25 --> November 13  
\$60 Residents/\$90 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. Accessibility includes RAMP into POOL.

### Juneau ..... #23199

Mondays, 7:30 - 8:40 p.m.  
September 27 --> November 15  
\$30 Residents/\$30 Non-residents\*  
\*fee supported by: Adaptive Athletics

## Masters' Swim Team

Ages 18 & up.

The Masters' Swim Team is for the experienced adult swimmer. Participants will increase levels of physical fitness through development of stroke mechanics.

### THE WEEKEND WARRIOR OPTION:

Due to popular demand, the weekend warriors will now be split into 2 separate groups. PLEASE REVIEW THE FOLLOWING: Swimmers with a TRIATHLON focus or desire for challenging workouts who can PACE a 50 Free on 50 seconds OR LESS should enroll in the EARLY option. Swimmers who prefer greater variety in their swim (IM) and/or would like to improve stroke efficiency or prefer a less competitive focused workout should enroll in the LATER option.

### Juneau (EARLY) ..... #23879

Saturdays, Sept. 25 - Dec. 18  
7:25-8:25 a.m. --> TRIATHLON FOCUS  
\$42 Residents/\$63 Non-residents

### Juneau (LATER) ..... #23880

Saturdays, Sept. 25 - Dec. 18  
8:25-9:25 a.m. --> STROKE FOCUS  
\$42 Residents/\$63 Non-residents

### THE 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 ..... #23877

Mon, Tue, Thu, AND Fri.  
September 13 --> December 17  
5:30-6:30 a.m. OR 6:30-7:30 a.m.  
\$80 Residents/\$120 Non-residents

### THE HALF GROUND OPTION:

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

### South ..... #23878

\$60 Residents/\$90 Non-residents

Visit our website  
to register online!

MilwaukeeRecreation.net

**WATER AEROBICS**

Adults. The coolest way to increase flexibility, muscle strength, and endurance. Getting & staying fit made FUN!

**Gaenslen** ..... #24315  
Mondays, 4:45 - 5:45 p.m.  
September 20 --> December 13  
\$42 Residents/\$63 Non-residents

**Gaenslen** ..... #24316  
Wednesdays, 4:45 - 5:45 p.m.  
September 22 --> December 15  
\$40 Residents/\$60 Non-residents

**Gaenslen** ..... #24715  
Fridays, 4:45 - 5:45 p.m.  
September 24 --> December 17  
(No class on: October 29)  
\$40 Residents/\$60 Non-residents

**Hamilton** ..... #24309  
Mondays, 7:50 - 8:50 p.m.  
September 27 --> November 15  
\$30 Residents/\$45 Non-residents

**Hamilton** ..... #24312  
Wednesdays, 7:50 - 8:50 p.m.  
September 29 --> November 17  
\$30 Residents/\$45 Non-residents

**Juneau** ..... #24311  
Saturdays, 11:15 a.m. - 12:25 p.m.  
September 25 --> December 18  
\$40 Residents/\$60 Non-residents

**Marshall** ..... #24310  
Thursdays, 7:30 - 8:30 p.m.  
September 30 --> November 18  
\$30 Residents/\$45 Non-residents

**Riverside** ..... #24313  
Mondays, 7:40 - 8:40 p.m.  
September 13 --> December 13  
\$42 Residents/\$63 Non-residents

**Riverside** ..... #24314  
Wednesdays, 7:40 - 8:40 p.m.  
September 15 --> December 15  
(No class on: October 27)  
\$40 Residents/\$60 Non-residents

**AQUANATAL**

Adults. Water aerobics classes are ideal for women during pregnancy and postpartum due to decreased 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** ..... #23257  
Tuesdays, 7:55 - 8:55 p.m.  
October 5 --> December 7  
(No class on: Oct.12 or Oct.19)  
\$30 Residents/\$45 Non-residents

**DEEP WATER AEROBICS**

Adults. Looking for a change in your water workout? This class will be held in deep water, allowing you to realize the unique benefits of deep water exercise including extra CORE toning. Participants will be provided flotation belts & must be comfortable in deep water.

**Gaenslen** ..... #24716  
Wednesdays, 7:55 - 8:55 p.m.  
September 29 --> November 17  
\$30 Residents/\$45 Non-residents

**Juneau** ..... #23488  
Thursdays, 7:50 - 8:50 p.m.  
September 16 --> December 16  
\$40 Residents/\$60 Non-residents

**Hamilton** ..... #23489  
Saturdays, 9:00 - 10:00 a.m.  
September 25 --> November 13  
\$30 Residents/\$45 Non-residents

**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** ..... #24262  
Thursdays, 7:55-8:55 p.m.  
September 30 --> November 18  
\$30 Residents/\$30 Non-residents\*  
\*fee supported by: Therapeutic Office

**CARDIO SPLASH**

This interval cardio class will increase in intensity each week. Please bring a bottle of drinking water and a pair of 3-5 pound hand weights to each class.

**Hamilton** ..... #23415  
Thursdays, 7:40 - 8:50 p.m.  
September 23 --> December 16  
(No class on: Oct. 14 or Oct. 21)  
\$32 Residents/\$48 Non-residents

**Marshall** ..... #23411  
Mondays, 7:30 - 8:40 p.m.  
September 27 --> November 15  
\$32 Residents/\$48 Non-residents

**Juneau** ..... #23413  
Tuesdays, 7:50 - 9:00 p.m.  
September 14 --> December 14  
\$44 Residents/\$66 Non-residents

**Riverside** ..... #23414  
Saturdays, 11:50 a.m. - 1:20 p.m.  
Cardio SUPREME! (90 min. class)  
September 25 --> December 4  
(No class on: Oct. 9 or Nov. 27)  
\$42 Residents/\$63 Non-residents

**Riverside** ..... #24728  
Thursdays, 7:40 - 8:50 p.m.  
September 16 --> December 16  
\$42 Residents/\$63 Non-residents

**South** ..... #23412  
Thursdays, 7:25 - 8:35 p.m.  
September 16 --> December 16  
\$42 Residents/\$63 Non-residents

**You're Invited to Swimfest 2010**

*We're counting down to the Rec. Centennial in 2011.  
Join us for a day of water-safe fun for the entire family!*

**SAVE THE DATE!**

**12/11/10 at South Division HS Pool  
8:00AM to 5:00PM**

**Swimfest 2010 will include:**

**100-lap swim challenge • 100-minute aqua-fitness  
100-minute water-safe clinic for kids**

## COMPETITIVE SWIM

Ages 6-18. The Competitive Swim Club is for the intermediate and experienced swimmer. New members need not be expert swimmers, since they practice and compete with others of their same ability. It is recommended that the participants have passed the American Red Cross Level 3. No swimmers are allowed to participate without proof of enrollment.

**ALTHOUGH THE COMPETITIVE SWIM PROGRAM IS NOT ELIGIBLE FOR REDUCED FEES... WE ARE PLEASED TO OFFER:**

### FAMILY DISCOUNT RATES:

Additional family members (i.e. siblings) residing at the same residence, enrolling in Comp. Swim pay 50% the listed fee.

#### Milwaukee Piranha Swim Team

##### Juneau High School

Tuesdays, Thursdays  
September 14 --> December 16  
AND Saturdays  
September 25 --> December 18

##### Intermediate ..... #23454

6:15 - 7:15 p.m. (9:30-10:30 a.m. on Sat.)  
\$60 Residents/\$120 Non-residents

##### Advanced ..... #23451

6:15 - 7:45 p.m. (9:30-11:00 a.m. on Sat.)  
\$80 Residents/\$160 Non-residents

#### Milwaukee Piranha Swim Team

##### Riverside High School

Mondays, Wednesdays, Thursdays  
September 13 --> December 16  
(No practice on: 9/30 or 10/27)

##### Intermediate ..... #23455

6:30-7:30 p.m.  
\$58 Residents/\$116 Non-residents

##### Advanced ..... #23452

6:00-7:30 p.m.  
\$76 Residents/\$152 Non-residents

#### Milwaukee Tidal Wave Swim Team

##### South Division High School

Mondays, Wednesdays, Thursdays  
September 13 --> December 16

##### Intermediate ..... #23456

6:15-7:15 p.m.  
\$60 Residents/\$120 Non-residents

##### Advanced ..... #23453

5:45-7:15 p.m.  
\$80 Residents/\$160 Non-residents

## SWIM ACADEMY, PRE-COMPETITIVE PRACTICE

Ages 4-12. For the beginning swimmer. Interested in swimming on the swim team? Wish to compete against others your own age at swim meets? Come and have fun. Swimmers must be able to swim one full length of the pool on their back and stomach. Not eligible for reduced fees.

##### Juneau ..... #23987

Tues./Thurs., 5:30 - 6:15 p.m.  
September 14 --> December 16  
\$40 Residents/\$80 Non-residents

##### Riverside ..... #23989

Mon./Wed., 5:45 - 6:30 p.m.  
September 13 --> December 15  
(No practice on: 9/30 or 10/27)  
\$38 Residents/\$76 Non-residents

##### South Division ..... #23988

Mon./Wed., 5:30 - 6:15 p.m.  
September 13 --> December 15  
\$40 Residents/\$80 Non-residents

## AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

Ages 15 & up. Lifeguard training classes teach participants the skills and knowledge needed to prevent and respond to aquatic emergencies. The course includes water rescue skills, first aid, CPR/AED for the professional rescuer, and disease transmission prevention. All participants must be 15 years of age on or before the last day of class.

### Pre-Requisites tested on the first day:

-Swim 300 continuous yards (using breaststroke, and front crawl.)  
-After swimming 20 yards, submerge 10-12 feet to retrieve a 10 pound brick & return it (with 2 hands on brick) to the starting point in less than 100 seconds.

##### Riverside ..... #23844

Saturdays, 9:15 a.m. - 4:30 p.m.  
(lunch on-your-own 12:45 - 1:30 p.m.)  
September 25 --> November 20  
Make-Up Exam reserve date: Dec. 4  
All class times/dates are **mandatory** to remain eligible for certification.

**\$130 Residents/\$195 Non-residents**

### NOT ELIGIBLE FOR REDUCED FEES.

Class fees may be reimbursed to students who successfully work for Milwaukee Recreation Aquatics for one year.

## AMERICAN RED CROSS LIFEGUARD CHALLENGE

If you are a Lifeguard who needs to renew your certifications, Milwaukee Recreation would be pleased to help you accomplish this mission. To be eligible for a challenge opportunity you must either have a current lifeguard certification from an acceptable agency or have participated in a lifeguard course within the past four years. This is an intense session, please physically prepare and study in advance. In addition to practical tests, 2 written exams will be conducted with each segment.

##### South (Water Testing)..... #24713

Saturday, September 18  
9:00 a.m. - 1:00 p.m.  
**\$60 Residents/\$90 Non-residents**

##### OASIS (CPR/AED/1st Aid) ... #24714

Saturday, September 18  
1:45 p.m. - 5:15 p.m.  
**\$36 Residents/\$54 Non-residents**



**We have some questions for you.**

Milwaukee Recreation has created a short survey to see what you think of the programs we list in our activity guides. Please take a few minutes to complete the survey at [MilwaukeeRecreation.net/survey](http://MilwaukeeRecreation.net/survey)