

Please read to choose the appropriate swim class 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 OR 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 Adjustment</b>	<b>Ages 6-14 yrs.</b> None (Please see the height requirements noted under each swim location).	In Level 1, preliminary aquatic skills are taught, which children will build on as they progress through swim levels. Skills at this level include: rhythmic breathing and floating, 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 develops the swimmers basic skills into actual swimming strokes and prepare students for deep water swimming. Skills include: coordinating the front crawl and elementary backstroke, treading water, rules for diving and safety skills. Most importantly, students who successfully complete this course <b>will be ready to swim in deep water.</b>
<b>Level Four A Stroke Improvement</b>	<b>Ages 6-15 yrs.</b> Passed Level 3 or can demonstrate all Level 3 requirements. Students <b>MUST be comfortable in deep water.</b>	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/elementary backstroke), and are introduced to the back crawl and breaststroke. Sidestroke and butterfly leg actions will also be introduced.
<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 specialty 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 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.

## Open Pool Schedule

### 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 - Enjoy the serenity of an early Saturday.**  
**SATURDAYS, JAN. 28 - MAR. 17**  
7:45 a.m. - 8:45 a.m.

**Riverside - Start your weekend right.**  
**SATURDAYS, JAN. 28 - MAR. 24**  
8:00 - 9:00 a.m.  
(pool closed 2-4-12)

**Riverside - Wind down your day...**  
**MONDAYS/WEDNESDAYS, JAN. 9 - MAR. 21**  
8:45-9:30 p.m. (pool closed 1-25-12)  
Lifeguards leave at 9pm when no swimmers present.

**Riverside - EARLY BIRD, set the alarm.**  
**WEDNESDAYS, JAN. 11 - MAR. 21**  
5:45-7:15 a.m.

### 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.

**Gaenslen Elementary**  
**WEDNESDAYS, 6:55 - 7:55 p.m.**  
FEBRUARY 1 -> MARCH 21

**Juneau Campus**  
**WEDNESDAYS, 7:05 - 8:25 p.m.**  
FEBRUARY 1 -> MARCH 21  
(2 lap lanes available when attendance permits)

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

## BAY VIEW HS BOYS' POOL (Girls may also attend these classes.) Height Requirement 42"

**SATURDAYS, JAN. 28 - MAR. 17**

Course #	Time	Level
#30585	8:40 a.m.	1
#30649	8:40 a.m.	4B
#30607	9:35 a.m.	2
#30658	9:35 a.m.	5
#30624	10:30 a.m.	3
#30666	10:30 a.m.	6FS
#30586	11:30 a.m.	1
#30639	11:30 a.m.	4A

**TUESDAYS, JAN. 31 - MAR. 20**

Course #	Time	Level
#30980	5:40 p.m.	Tiny-Tot
#30685	6:10 p.m.	Lil' Lv. 1
#30592	6:55 p.m.	1

**THURSDAYS, FEB. 2 - MAR. 22**

Course #	Time	Level
#30165	5:40 p.m.	Adv. Tots
#30693	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. 28 - MAR. 17**

Course #	Time	Level
#30510	8:40 a.m.	Infant
#30673	9:15 a.m.	Lil' Squirts
#30971	9:50 a.m.	Tiny-Tot
#30158	10:30 a.m.	Adv. Tots
#30686	11:20 a.m.	Lil' Lv. 1

**TUESDAYS, JAN. 31 - MAR. 20**

Course #	Time	Level
#30514	5:40 p.m.	Infant

**THURSDAYS, FEB. 2 - MAR. 22**

Course #	Time	Level
#30681	5:40 p.m.	Lil' Squirts

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

## GAENSLEN ELEMENTARY Height Requirement 42"

**SATURDAYS, JAN. 28 - MAR. 17**

Course #	Time	Level
#30516	8:40 a.m.	Infant
#30680	9:15 a.m.	Lil' Squirts
#30678	9:50 a.m.	Tiny-Tot
#30163	10:25 a.m.	Adv. Tots
#30690	11:15 a.m.	Lil' Lv. 1
#30599	12:40 p.m.	1
#30645	12:40 p.m.	4A
#30616	1:30 p.m.	2
#30661	1:30 p.m.	5
#30632	2:30 p.m.	3
#30654	2:30 p.m.	4B
#30668	3:20 p.m.	6LR
#30694	3:20 p.m.	Lil' Lv. 2

**MONDAYS, JAN. 30 - MAR. 19**

Course #	Time	Level
#30640	6:05 p.m.	4A
#30159	6:05 p.m.	Adv. Tots
#30625	6:55 p.m.	3
#30587	6:55 p.m.	1

**TUESDAYS, JAN. 31 - MAR. 20**

Course #	Time	Level
#30664	6:00 p.m.	5
#30696	6:05 p.m.	Lil' Lv. 2
#30656	6:55 p.m.	4B
#30688	6:55 p.m.	Lil' Lv. 1

**WEDNESDAYS, FEB. 1 - MAR. 21**

Course #	Time	Level
#30687	6:05 p.m.	Lil' Lv. 1
#30636	6:05 p.m.	3

**THURSDAYS, FEB. 2 - MAR. 22**

Course #	Time	Level
#30674	5:00 p.m.	Lil' Squirts
#30981	5:30 p.m.	Tiny-Tot
#30608	6:05 p.m.	2
#30665	6:05 p.m.	6FS

**FRIDAYS, FEB. 3 - MAR. 23**

Course #	Time	Level
#30511	6:05 p.m.	Infant
#30692	6:40 p.m.	Lil' Lv. 1

## HAMILTON HIGH SCHOOL Height Requirement 48"

**SATURDAYS, JAN. 28 - MAR. 17**

Course #	Time	Level
#30512	8:45 a.m.	Infant
#30675	9:20 a.m.	Lil' Squirts
#30972	9:55 a.m.	Tiny-Tot
#30667	10:10 a.m.	6FS
#30160	10:30 a.m.	Adv. TT
#30659	11:05 a.m.	5
#32296	11:20 a.m.	Lil' Lv. 1
#30650	12:35 p.m.	4B
#30588	12:35 p.m.	1
#30610	1:25 p.m.	2
#30641	1:25 p.m.	4A
#30626	2:20 p.m.	3
#30617	2:20 p.m.	2
#30589	3:10 p.m.	1
#30628	3:10 p.m.	3

**MONDAYS, JAN. 30 - MAR. 19**

Course #	Time	Level
#30513	6:10 p.m.	Infant
#30642	6:05 p.m.	4A
#30973	6:50 p.m.	Tiny-Tot
#30651	6:55 p.m.	4B

**WEDNESDAYS, FEB. 1 - MAR. 21**

Course #	Time	Level
#30609	6:05 p.m.	2
#30590	6:55 p.m.	1

**THURSDAYS, FEB. 2 - MAR. 22**

Course #	Time	Level
#30689	6:05 p.m.	Lil' Lv. 1
#30627	6:05 p.m.	3
#30676	6:55 p.m.	Lil' Squirts

Swim Class Descriptions  
listed on previous pages.

### SWIM LESSON PRICES

Level	Ages	Length	Cost
Infant	6 mo.-18 mo.	30 min.	\$26
Lil' Squirts	18 mo.-36 mo.	30 min.	\$26
Tiny-Tot	3-4 yrs.	30 min.	\$26
Adv. Tiny-Tot	4-5 yrs.	45 min.	\$32
Little Lv. 1 or 2	4-6 yrs.	45 min.	\$32
Levels 1-6	6-14 yrs.	50 min.	\$32

**NON-RESIDENTS PAY DOUBLE LISTED FEES**

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

## MARSHALL HIGH SCHOOL

Height Requirement 48"

### SATURDAYS, JAN. 28 - MAR. 17

Course #	Time	Level
#30652	10:10 a.m.	4B
#30515	10:10 a.m.	Infant
#30678	10:50 a.m.	Lil' Squirts
#30662	11:05 a.m.	5
#30975	11:25 a.m.	Tiny-Tot
#30594	12:30 p.m.	1
#30629	12:30 p.m.	3
#30612	1:25 p.m.	2
#30643	1:25 p.m.	4A
#30595	2:20 p.m.	1
#30161	2:20 p.m.	Adv. Tots

### MONDAYS, JAN. 30 - MAR. 19

Course #	Time	Level
#30679	5:30 p.m.	Lil' Squirts
#30691	6:00 p.m.	Lil' Lv. 1
#30630	6:00 p.m.	3
#30695	6:55 p.m.	Lil' Lv. 2
#30644	6:55 p.m.	4A

### WEDNESDAYS, FEB. 1 - MAR. 21

Course #	Time	Level
#30518	5:30 p.m.	Infants
#30596	6:00 p.m.	1
#30634	6:00 p.m.	3
#30613	6:55 p.m.	2
#30653	6:55 p.m.	4B

### THURSDAYS, FEB. 2 - MAR. 22

Course #	Time	Level
#30676	5:30 p.m.	Tiny-Tot
#30614	6:00 p.m.	2
#30164	6:00 p.m.	Adv. Tots
#30597	6:55 p.m.	1

## NORTH DIVISION HIGH SCHOOL

Height Requirement 48"

### SATURDAYS, JAN. 28 - MAR. 17

Course #	Time	Level
#30603	1:30 p.m.	1
#30619	2:25 p.m.	2
#30591	3:20 p.m.	1

## JUNEAU HIGH SCHOOL

Height Requirement 48"

### SATURDAYS, JAN. 28 - MAR. 17

Course #	Time	Level
#30593	11:50 a.m.	1
#30620	12:40 p.m.	2
#30635	1:40 p.m.	3
#30647	2:30 p.m.	4A

### MONDAYS, JAN. 30 - MAR. 19

Course #	Time	Level
#30611	5:40 p.m.	2
#30598	6:30 p.m.	1

## SOUTH DIVISION HIGH SCHOOL

Height Requirement 48"

### SATURDAYS, JAN. 28 - MAR. 17

Course #	Time	Level
#30615	9:30 a.m.	2
#30602	10:00 a.m.	1
#30663	10:20 a.m.	5
#30517	11:00 a.m.	Infant
#30646	11:20 a.m.	4A
#30683	11:30 a.m.	Lil'Squirts
#30633	12:10 p.m.	3
#30979	12:10 p.m.	Tiny-Tot
#30600	2:30 p.m.	1
#30618	2:30 p.m.	2
#30601	3:30 p.m.	1
#30655	3:30 p.m.	4B



## 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/\$120 Non-residents**

**NOT ELIGIBLE FOR REDUCED FEES.**

## BAY VIEW GIRLS' POOL

Height Requirement 42"

### TUESDAYS, JAN. 31 - MAR. 20

Course #	Time	Level
#30622	6:20 p.m.	2
#30605	6:55 p.m.	1

### THURSDAYS, FEB. 2 - MAR. 22

Course #	Time	Level
#30637	6:20 p.m.	3
#30621	6:55 p.m.	2

## RIVERSIDE HIGH SCHOOL

Height Requirement 48"

### SATURDAYS, JAN. 28 - MAR. 24

Pool Closed on Feb. 4

Course #	Time	Level
#30648	10:10 a.m.	4A
#30604	10:10 a.m.	1
#30623	10:40 a.m.	2
#30657	10:40 a.m.	4B
#30606	11:15 a.m.	1
#30638	11:15 a.m.	3

## SWIM LESSON PRICES

Level	Ages	Length	Cost
Infant	6 mo.-18 mo.	30 min.	\$26
Lil' Squirts	18 mo.-36 mo.	30 min.	\$26
Tiny-Tot	3-4 yrs.	30 min.	\$26
Adv. Tiny-Tot	4-5 yrs.	45 min.	\$32
Little Lv. 1 or 2	4-6 yrs.	45 min.	\$32
Levels 1-6	6-14 yrs.	50 min.	\$32

**NON-RESIDENTS PAY DOUBLE LISTED FEES**

**TO SIGN UP, SEE PAGE 2**

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

## COMPETITIVE SWIM

**(Ages 6-17)** Competitive Swim allows your young swimmer the opportunity to engage in a team sport and develop their own swim ability. Swimmers need to be able to swim a full length (25 yards) of front crawl and back crawl to be comfortable during practice.

### 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. 4 - Mar. 22

(no practice 1/19 or 1/25)

#### Intermediate ..... #30340

6:30 - 7:30 p.m.,

\$58 Residents/\$116 Non-Residents

#### Advanced ..... #30337

6:00-7:30 p.m.,

\$78 Residents/\$156 Non-Residents

#### Milwaukee Piranha Swim Team Juneau High School

Tue. & Thur., Jan. 5 - Mar. 22

AND Sat. Jan 7 - Mar. 17

#### Intermediate ..... #WAIT LIST ONLY

6:15-7:15 pm & SAT 9:30-10:30 am

\$60 Residents/\$120 Non-Residents

#### Advanced ..... #WAIT LIST ONLY

6:15-7:45 pm and SAT 9:30-11 am

\$80 Residents/\$160 Non-Residents

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

Mon., Wed. AND Thur.

Jan. 4 - Mar. 22

#### Intermediate ..... #30341

6:30 - 7:30 p.m.,

\$60 Residents/\$120 Non-Residents

#### Advanced ..... #30339

6:00-7:30 p.m.,

\$80 Residents/\$160 Non-Residents

## PRE-COMPETITIVE SWIM ACADEMY

**(Ages 4-12)** For the beginning swimmer interested in swimming on the swim team. Swimmers must be able to kick 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 members enrolling in the Competitive Swim program pay 50% of the listed fees.

#### South ..... #30343

Mon. & Wed, Jan. 4 - Mar. 21

5:45 - 6:30 p.m.

\$40 Residents/\$80 Non-Residents

#### Riverside ..... #30344

Mon. & Wed, Jan. 4 - Mar. 21

5:45 - 6:30 p.m. (no swim 1/25)

\$40 Residents/\$80 Non-Residents

#### Juneau ..... #WAIT LIST ONLY

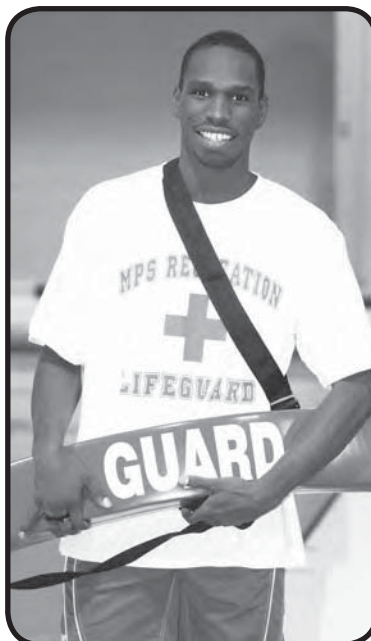
Tues. & Thur., Jan. 5 - Mar. 22

5:30-6:15 p.m.

\$40 Residents/\$80 Non-Residents

### ATTENTION ALL COMP SWIM FAMILIES:

**SAVE THE DATE:  
Saturday, March 24, 2012  
is the Conference Championship!  
See your coach for details.**



## AMERICAN RED CROSS LIFEGUARD TRAINING

**(Ages 15 years and above)**

This class will train participants the skills needed to prevent and respond to aquatic emergencies. Course includes: water rescue, first aid and CPR/AED for the professional rescuer. Participants **must be 15** years of age on or 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.

Partial tuition reimbursement available to candidates who work for Milwaukee Recreation for one year.

\$160 Residents/

\$240 Non-Residents

### NOT ELIGIBLE FOR REDUCED FEES.

**>>TRAIN NOW TO WORK SPRING<<  
North ..... #30672  
SATURDAYS, Feb. 18 -> March 17  
(water exam make-up date: March 24)  
8:30 a.m.-4:45 p.m. (bring bag lunch)**

**>>TRAIN NOW TO WORK SUMMER<<**

**South.....#30671  
MPS SPRING BREAK WEEK  
MONDAY - FRIDAY, April 9 - 13  
8:30am - 4:45pm (bring bag lunch)**

## AMERICAN RED CROSS LIFEGUARD CHALLENGE

Certified lifeguards who need to renew certifications may attend these sessions. Call Aquatics Office at 647-3838 to verify your eligibility. It is wise to physically prepare and study in advance for these intense sessions. In addition to practical tests, 2 written exams will be conducted with each segment.

#### South (Water Testing).....#30669

Saturday, January 21

9:00 a.m. - 1:00 p.m.

**\$60 Residents/\$90 Non-residents**

#### OASIS (CPR/AED/1st Aid)....#30670

Saturday, January 21

1:30 p.m. - 5:00 p.m.

**\$36 Residents/\$54 Non-residents**

## 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..... #30156**  
**TUESDAYS, JAN. 31 - MAR. 20**  
 7:50 - 8:50 p.m.  
 \$36 Residents/\$48 Non-Residents
- Gaenslen..... #30155**  
**MONDAYS, JAN. 30 - MAR. 19**  
 7:50 - 8:50 p.m.  
 \$36 Residents/\$48 Non-Residents
- Marshall..... #30151**  
**SATURDAYS, JAN. 28 - MAR. 17**  
 9:00 - 10:00 a.m.  
 \$36 Residents/\$48 Non-Residents
- Marshall..... #30152**  
**WEDNESDAYS, FEB. 1 - MAR. 21**  
 7:45-8:45 p.m.  
 \$36 Residents/\$48 Non-Residents
- Riverside..... #30153**  
**SATURDAYS, JAN. 28 - MAR. 24**  
 9:00 -10:00 a.m. (closed 2-4-12)  
 \$36 Residents/\$48 Non-Residents
- South..... #30154**  
**SATURDAYS, JAN. 28 - MAR. 17**  
 1:30-2:30 p.m.  
 \$36 Residents/\$48 Non-Residents

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

**(Adults)** 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..... #30424**  
**THURSDAYS, FEB. 2 - MAR. 22**  
 7:30-8:30 p.m.  
 \$60 Residents/\$90 Non-Residents
- Gaenslen..... #30421**  
**TUESDAYS, JAN. 31 - MAR. 20**  
 7:50-8:50 p.m.  
 \$60 Residents/\$90 Non-Residents
- Juneau..... #30422**  
**MONDAYS, JAN. 30 - MAR. 19**  
 7:30 - 8:30 p.m.  
 \$60 Residents/\$90 Non-Residents
- Marshall..... #30423**  
**SATURDAYS, JAN. 28 - MAR. 17**  
 3:15 - 4:15 p.m.  
 \$60 Residents/\$90 Non-Residents

## TRIATHLON CROSS TRAINING

**NEW**

**(Adults)** Coach Paul wants this to be the year you conquer your first triathlon! Triathlon specific swim techniques and tips will only be the beginning. Cross train on indoor bikes, and take advantage of the hundreds of stairs available for climbing practice.

- Riverside..... #30992**  
 Tuesdays, Jan. 31 - Mar. 20  
 6:00-7:40 p.m.  
 \$42 Residents/\$56 Non-residents

## MASTERS’ SWIM

**(Adults)** 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)..... #30708**  
**SATURDAYS, JAN. 7 - MAR. 24**  
 7:25 - 8:25 a.m.  
 \$38 Residents/\$57 Non-Residents
- Juneau (LATER)..... #30709**  
**SATURDAYS, JAN. 7 - MAR. 24**  
 8:25 - 9:25 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..... #30706**  
 Mon, Tue, Thu, and Fri.  
 Jan. 9 - Mar. 30,  
 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..... #30707**  
 \$54 Residents/\$81 Non-Residents



## WATER AEROBICS

**(Adults)** Come find out why this class has become the most popular in aquatics. The “coolest” way to increase flexibility, muscle strength, and endurance.

**Gaenslen ..... #31018**

**MONDAYS, JAN. 30 - MAR. 19**

5:00 - 6:00 pm

\$36 Residents/\$48 Non-Residents

**Gaenslen..... #31023**

**TUESDAYS, JAN. 31 - MAR. 20**

5:00 - 6:00 pm

\$36 Residents/\$48 Non-Residents

**Gaenslen..... #31019**

**WEDNESDAYS, FEB. 1 - MAR. 21**

5:00 - 6:00 pm

\$36 Residents/\$48 Non-Residents

**Gaenslen..... #31024**

**FRIDAYS, FEB. 3 - MAR. 23**

5:00 - 6:00 pm

\$36 Residents/\$48 Non-Residents

**Hamilton ..... #31020**

**MONDAYS, JAN. 30 - MAR. 19**

7:50 - 8:50 pm

\$36 Residents/\$48 Non-Residents

**Hamilton ..... #31025**

**WEDNESDAYS, FEB. 1 - MAR. 21**

7:50 - 8:50 pm

\$36 Residents/\$48 Non-Residents

**Marshall..... #31021**

**THURSDAYS, FEB. 2 - MAR. 22**

7:45 - 8:45 pm

\$36 Residents/\$48 Non-Residents

**Riverside..... #31026**

**MONDAYS, JAN. 9 - MAR. 19**

7:40 - 8:40 pm

\$40 Residents/\$60 Non-Residents

**Riverside ..... #31027**

**WEDNESDAYS, JAN. 11 - MAR. 21**

7:40 - 8:40 pm (no class 1/25)

\$38 Residents/\$57 Non-Residents

## AQUA ZUMBA!

**(Adults)** The hottest craze hits the pool. This dance party-themed class will keep you moving. Plan to have so much fun you'll never miss all those calories burned. Water aerobic shoes or nylon running shoes recommended for the intense jumps.

**Hamilton ..... #30196**

**TUESDAYS, JAN. 31 - MAR. 20**

6:05 - 6:55 pm

\$36 Residents/\$48 Non-Residents

**Juneau ..... #32295**

**WEDNESDAYS, FEB. 1 - MAR. 21**

6:05 - 6:55 pm

\$36 Residents/\$48 Non-Residents

## DEEP WATER AEROBICS

**(Adults)** Realize the unique benefits of deep water exercise including improved posture and muscle tone. Participants will be provided a floatation belt.

**Juneau ..... #30369**

**THURSDAYS, JAN. 5 - MAR. 22**

7:50 - 8:50 pm

\$42 Residents/\$56 Non-Residents

**Gaenslen..... #30370**

**WEDNESDAYS, FEB. 1 - MAR. 21**

7:55 - 8:55 pm

\$36 Residents/\$48 Non-Residents

## THERAPEUTIC EXERCISE

**(Adults)** Individuals with or without disabilities who seek freedom of movement read on: Warm water will transform you into weightlessness where walking, running and liberating exercise will refresh your body and restore your confidence. 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 entrance.

**Gaenslen..... #30968**

**THURSDAYS, FEB. 2 - MAR. 22**

7:55-8:55 p.m.

\$36 Residents/\$36 Non-residents\*

\*fee supported by Therapeutic Office

## CARDIO SPLASH!

**(Adults)** Water aerobics is ideal for individuals looking to convert fat into lean muscle tissue. Exercise intervals will increase intensity each week. **Please bring a pair of hand weights and a water bottle to every class.**

**Hamilton ..... #30308**

**THURSDAYS, FEB. 2 - MAR. 22**

7:30-8:40 pm

\$36 Residents/\$48 Non-Residents

**Marshall..... #30307**

**MONDAYS, JAN. 30 - MAR. 19**

7:45-8:55 pm

\$36 Residents/\$48 Non-Residents

**Juneau ..... #30309**

**TUESDAYS, JAN. 10 - MAR. 20**

7:50 - 9:00 pm

\$42 Residents/\$56 Non-Residents

**Riverside (Cardio Supreme!) . #30310**

**SATURDAYS, JAN. 28 - MAR. 24**

11:50am - 1:10 pm (no class 2/4)

\$39 Residents/\$52 Non-Residents

## AQUANATAL

**(Adults)** Water exercise is ideal for women during pregnancy and postpartum due to lessened amount of impact during aerobic activity. Benefit with better weight regulation and decreased discomforts of pregnancy. Please seek a physician's approval prior to participation.

**Hamilton ..... #30197**

**TUESDAYS, JAN. 31 - MAR. 20**

7:55 - 8:55 pm

\$36 Residents/\$48 Non-Residents

## DEEP FITNESS CHALLENGE

**(Ages 14-99)** This class will use a combination of aqua-jogger belts (provided) and floating dumbbells to build a workout that will include aqua-running, pull-ups and core training to give you a fitness opportunity unlike no other.

**Hamilton ..... #30368**

**SATURDAYS, JAN. 28 - MAR. 17**

9:00 - 10:00 am

\$36 Residents/\$48 Non-Residents

Visit our website  
to register online!

[MilwaukeeRecreation.net](http://MilwaukeeRecreation.net)