Winter/Spring Swimming Lessons at Central Pool

843 Jefferson Avenue (Enter using the Etude Middle school enterance and go downstairs)

Registration opens on December 20th at 8:00am online.

www.sheboyganrec.com Register

Children must be 48" tall or be self sustaining in the water to take lessons at Central Pool. Parents are responsible for their children at all times in the locker rooms & pool area.

Session 1			Session 2*(No Class Mar. 25-30)			Session 3		
Tuedays Jan 9	- Feb 13	Code	Tuesdays Feb 2	7 - April 9	Code	Tuesdays Apri	il 16 - May 21	Code
4:30-5:10pm	Step 2	<u>1342</u>	4:30-5:10pm	Step 3	<u>1350</u>	4:30-5:10pm	Step 2	<u>1357</u>
5:30-6:10pm	Step 4	<u>1343</u>	5:30-6:10pm	Step 2	<u>1351</u>	5:30-6:10pm	Step 3	<u>1358</u>
6:30-7:10pm	Step 3	<u>1344</u>	6:30-7:10pm	Step 4/5 Combo	<u>1352</u>	6:30-7:10pm	Step 4	<u>1359</u>
Thursdays Jan 11 - Feb 15			Thursdays February 29 - April 11			Thursdays April 18 - May 23		
4:30-5:10pm	Step 3	<u>1347</u>	4:30-5:10pm	Step 2	<u>1354</u>	4:30-5:10pm	Step 3	<u>1360</u>
5:30-6:10pm	Step 2	<u>1348</u>	5:30-6:10pm	Step 3	<u>1355</u>	5:30-6:10pm	Step 2	<u>1361</u>
6:30-7:10pm	Step 4/5 Combo	<u>1349</u>	6:30-7:10pm	Step 4	<u>1356</u>	6:30-7:10pm	Step 4	<u>1362</u>

Step 2	Develops flutter kicking, free floating, and independence in the water. Front crawl is introduced.	\$20.00 Resident (\$30.00 Non-resident)	
Step 3	Rhythmic breathing for front crawl, back crawl and diving is introduced.	\$20.00 Resident (\$30.00 Non-resident)	
Step 4	Perfects front and back crawl, elementarty backstroke, and breast stroke. Kicks are also added. Endurance on all strokes.	\$20.00 Resident (\$30.00 Non-resident)	
Step 5	Refines all strokes and flip turns are taught. More endurance and surface dives are taught.	\$20.00 Resident (\$30.00 Non-resident)	
Step 4/5 Combo	Combination of both Step 4 and 5. Perfect for the child in between the steps.	\$20.00 Resident (\$30.00 Non-resident)	

If you have any questions, call Geri @ 920-459-6739 or email at grusch@sasd.net

