

On-Line Registration Instructions:

If you do not have computer access at home, the public library has computers available. Registration can only be done on-line.

1. Go to www.stoughton.k12.wi.us; Then "Explore SASD", "Swimming Pool". The "Programs" page is where to find the swim lesson registration information and link to the on-line registration.
2. Choosing the link to the on line registration prompts you to go to Class Juggler, our registration program. Follow and read all instructions for the on-line registration process located on the log-in page of Class Juggler.
3. Payments for lessons can be made three ways: To complete your on line registration you must use your credit card. If you prefer to use cash or check you will be asked to create your account and then come to the pool during open hours and have the cashier enroll your child, payments must be made at the same time. Cashiers will not set up accounts.

Lesson Policies

- According to the facility rules, parents must remain in the pool facility when your child is 10 years of age or younger. Please note that the facility rules are always enforced and available in the pool schedule.
- Before each class, a cleansing shower is required.
- Parents will not be admitted to the pool deck during lessons; please use the Spectator Seating.
- Make-up classes for missed lessons are not available.
- Lessons cancelled due to a facility closure for situations out of the district's control may not be made up.

Financial Lesson Policies

- Cancelling a lesson after the first lesson without a written physician's explanation of injury or illness will result in you forfeiting the lesson fee. Please contact the Aquatics Program Director if necessary.
- Approved refunds will require an administrative fee of \$5.00.
- Registration will close three days prior to lessons beginning for organization purposes. If you want to cancel a lesson during those three days you will be charged an administrative fee of \$5.00.

Helpful information

- We encourage the use of goggles for Levels 3 to 6. Children in Pre School levels 1 to 3 and Level 1 and 2 are encouraged to learn to open eyes underwater without goggles initially.
- Face masks are not encouraged for lessons as they cover the nose and don't allow children to learn breath control. They also often are so large that they inhibit body movements for best body position.
- It is not uncommon for participants to repeat levels multiple times. Skills take time to learn, therefore, patience and encouragement on parents part is necessary.
- To choose accurate levels speak with instructors for guidance or check Booklet information, call pool for assistance.

Due to COVID-19 please read the following important guidelines, you will be asked to follow each day:

On or before January 3rd the Dane County Health will let us know of any changes to the mask mandate. SASD may also make their own policy regarding masks. Please make sure you check for the up to date information. Thank-you!

1. Please bring your child already dressed for lessons.
2. Other than a towel and goggles, parents please keep personal items as lockers are not being used.
3. Face masks will be worn while in the SASD. Children wear them until going in the pool.
4. Showers are required before entering the pool. Please assist them with their shower before going onto the deck.
5. Please physically distance with anyone not in your household.
6. Only one parent will go to the lower level to assist your child prior to the lesson.
7. Parents will sit in the spectator seating area. Please physically distance with anyone not in your household.
8. Following the lesson, we ask that locker room use is brief and lasts no longer than 10 minutes to aid in the flow of the next group's use. Cleaning wipes are available to use in each locker room area
9. Following the lesson, please exit the pool from the pool deck thru the North Stairwell. Lifeguards will be available for assistance. If your child is on their own in the locker room please meet them outside in the courtyard near the door you enter to come to the pool.
10. The SASD pool is following the Health Order guidelines. We will adjust our needs as these guidelines change.
11. Our instructors will be wearing face shields during lessons. A precaution encouraged by the guidelines suggested by the American Red Cross.
12. We will be using a systematic pattern for entering, exiting and moving around the facility. Please make sure you listen to directions at the first class for this information.

American Red Cross

Parent and Child Aquatics & Learn To Swim Lessons

Winter 2022

Lesson Registration

On-line registration begins: Resident

Registration begins on Tuesday,
January 11, at 9 AM.

Non-Resident

Registration begins on Thursday,
January 13, at 9 AM.

ONE SESSION ONLY!



Pool Location:

Stoughton High School
600 Lincoln Avenue
Stoughton, WI 53589-4868
608-877-5626

www.stoughton.k12.wi.us (Go to "Explore SASD for Pool information")
Sally MacLaren-Meuer, Aquatics Program Director
Email: sally.maclaren-meuer@stoughton.k12.wi.us

Pool entrance is from the school's back parking lot,
which is easily accessed by using
Buckingham or Devonshire Roads.

American Red Cross Swim Lesson Course Descriptions

Parent and Child Aquatics

Developed for children 6 months to 3 years of age. Parents and children participate in guided practice sessions that help children learn the elementary skills. Once the child can perform basic skills without parent assistance, and are 4 years of age they will progress to the Preschool Program.

Level 1 - Introduces the basic skills including safety topics for parents and children

Level 2 - Builds on the skills introduced in Level 1, with participants improving these skills and learning more advanced skills.

Preschool Aquatics

For children ages 4 and 5. Three fun, age appropriate levels teach basic aquatics safety and survival skills to increase children's comfort level in and around the water.

Preschool Level 1—Orients children to the aquatic environment and helps them gain basic aquatic skills.

Preschool Level 2—Helps children gain greater independence in their skills and develop more comfort in and around the water.

Preschool Level 3—Helps children start to gain basic swimming propulsive skills to be comfortable in and around the water.

Learn To Swim (Participants ages 6 to 14)

Level 1: Introduction to Water Skills

Level 1 is for students age 6 thru 14. This class helps participants feel comfortable in the water.

Level 2: Fundamental Aquatics Skills

This level focuses on student success with fundamental skills. Students learn to float without support and recover to a vertical position independently. Students explore arm and leg movements for beginning locomotion skills with rotary breathing and treading water.

Level 3: Stroke Development

Students build on skills with practice in deeper water. Swimmers master rotary breathing for front crawl and learn elementary backstroke as well as the flutter, dolphin, scissor and whip kicks.

Level 4: Stroke Improvement

Student skills for front and back crawl are improved upon. Endurance in these strokes is developed. Students continue adding skills to learn the elementary backstroke, breaststroke, sidestroke, and butterfly. The basics of turning at the wall are taught in this level.

Level 5: Stroke Refinement

Participants refine their performance of the strokes. Endurance is enhanced to increase distances of each stroke swum. Flip turns and speed turns are taught appropriately. Students learn how to do a surface dive.

Level 6: Swimming and Skill Proficiency

Students work on refinement of strokes and coordination. Students can swim with more ease, efficiency, power and smoothness over greater distances. The students have a choice of additional material they would like to learn:

- Fitness Swimmer
- Personal Water Safety

Class scheduled offerings are listed under each category.

This schedule has the potential of offering all levels each half hour as written, however, please be aware that dependent on instructor availability, **NOT** all levels may be offered. Levels offered are determined by community demand. Additional classes are always offered if possible to meet the increased demand of lessons. Each class will have a minimum of participants determined by the pool.

Sunday Classes:

Parent and Child Aquatics class schedule:

Resident Cost: \$48.00 Non-Resident \$64.00

Sunday sessions dates and class times:

Session 1 — 1/16/22 to 3/6/22

Level 1:

Class Time: 12:15 to 12:45 PM

Level 2:

Class Time: 2:30 to 3:00 PM

Classes must have a minimum of 3 pairs, maximum of 6.

Preschool Aquatics Levels 1 thru 3:

Resident Cost: \$48.00 Non-Resident \$64.00

Sunday sessions dates and class times:

Session 1 — 1/16/22 to 3/6/22

Class times: 1:00 to 1:30 PM

1:45 to 2:15 PM

Class size will be 5 students max.

Learn to Swim Levels 1 thru 3:

Resident Cost: \$48.00 Non-Resident \$64.00

Sunday sessions dates and class times:

Session 1 — 1/16/22 to 3/6/22

Class times: 1:00 to 1:30 PM

1:45 to 2:15 PM

Class size will be 5 students max.

Learn to Swim Level 4 & 5 class schedule:

Resident Cost: \$48.00 Non-Resident \$64.00

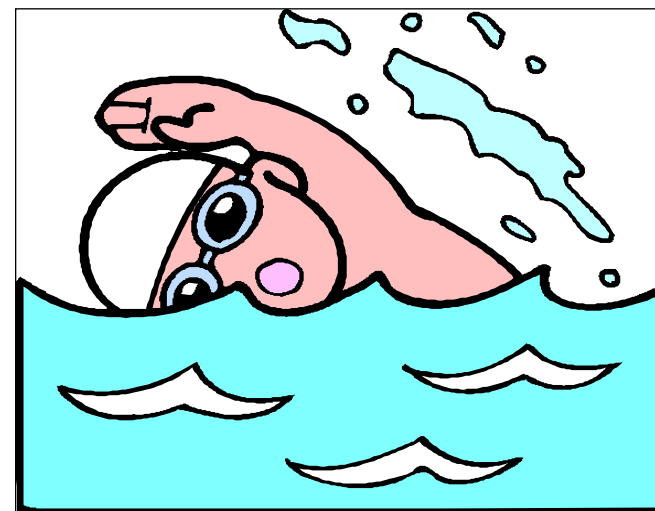
Sunday sessions dates and class times:

Session 1 — 1/16/22 to 3/6/22

Class times: 1:00 to 1:40 PM (Level 4)

1:45 to 2:25 PM (Level 5)

Class size will be 6 students max.



Interested In Teaching Lessons!!

The SASD Pool is always looking for interested and currently trained instructors. If you are interested please see Sally, the Aquatics Program Director at the pool or call (608)877-5627.

We want to keep up with the Stoughton Community demand for lessons. The American Red Cross Water Safety Instructor Certification is required for all instructors who teach our lessons.