

## **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](http://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.

**Stoughton Schools**  
Stoughton High School  
600 Lincoln Avenue  
Stoughton WI 53589-4868  
877-5626

# American Red Cross Swimming and Water Safety Program

## **Spring 2019 On-line Lesson Registration**

**In District registration begins on  
Monday, April 1st at 9 AM**

**Out of District Registration begins  
on Wednesday, April 3rd at 9 AM**



### Pool Location:

Stoughton High School  
600 Lincoln Avenue  
Stoughton, WI 53589-4868  
608-877-5626  
[www.stoughton.k12.wi.us](http://www.stoughton.k12.wi.us)

Sally MacLaren-Meuer, Aquatics Program Director  
Email: [sally.maclaren-meuer@stoughton.k12.wi.us](mailto: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**

### **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 students' success with fundamental skills. Students learn to float and glide without support and recover to a vertical position. Students explore simultaneous and alternating arm and leg movements on front and back, laying the foundation for future strokes.

#### **Level 3: Stroke Development**

Students build on skills with practice in deeper water. Learn to swim front crawl and elementary backstroke. Introduction to scissor, dolphin and whip kicks along with prolonged treading water.

#### **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 is 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.

#### **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 schedules are listed under each category, course descriptions are on the left. Please read carefully if you are choosing for the first time.**

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 will be determined on a demand basis.

### **Parent and Child Aquatics class schedule:**

Resident Cost: \$42.00 Non-Resident \$56.00

### **Sundays session dates and class times:**

Session 1—4/7 to 5/26/19 (No class on 4/21)

Level 1 Class Time: 3:00 to 3:30 PM

Level 2 Class Time: 3:45 to 4:15 PM

Classes must have a minimum of 4 pairs of children & parents and a maximum of 8.

### **Preschool Aquatics and**

### **Learn to Swim Levels 1 thru 3:**

Resident Cost: \$42.00 Non-Resident \$56.00

### **Sundays session dates and class times:**

Session 1— 4/7 to 5/26/19 (No class on 4/21)

Class times: 3:00 to 3:30 PM

3:45 to 4:15 PM

4:30 to 5:00 PM

Classes size must be a minimum of 3 and a maximum of 5 participants.

### **Learn to Swim Level 4, 5 & 6 class schedule:**

Resident Cost: \$42.00 Non-Resident \$56.00

### **Sundays session dates and class times:**

Session 1— 4/7 to 5/26/19 (No class on 4/21)

Class times: 3:00 to 3:40 PM

3:45 to 4:25 PM

4:30 to 5:10 PM

Classes size must be a minimum of 3 and a maximum of 5 participants.

## **Tracking your child's progress!**

Our instructors use the American Red Cross Achievement Booklets. If you have them at home please bring them on the first day of class as they are useful tools for instructors to keep participants on track. If you have not received one yet, it will be issued to you on the first day. We do like to keep the booklets at the pool as sometimes it is hard to remember to bring them back or they get misplaced. We encourage parents to take a photo of the page where the comments are made and take the loose slip with you on the last day.

Thank-you, Sally

## **Saturdays—Preschool Aquatics and Learn to Swim Levels 1 thru 3:**

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

### **Saturdays session dates and class times:**

Session 1—4/6 to 6/1/19 (No class on 5/18/19)

Class times:

9:45 to 10:15 AM — Preschool Level 1

Preschool Level 2

Preschool Level 3

10:20 to 10:50 AM—

Learn To Swim Level 1

Learn To Swim Level 2

Learn To Swim Level 3

Class size must be a minimum of 3 and a maximum of 5 participants.

## **Stoughton Aqua Racers Swim Team Information:**

If your child is interested in further developing their swimming skills and can swim 25 yards without stopping please contact Stoughton Aqua Racers at [stoughtonaquaracers@gmail.com](mailto:stoughtonaquaracers@gmail.com) or [www.stoughtonaquaracers.com](http://www.stoughtonaquaracers.com).

Be aware that STAR is a private organization and is not an SASD program. All the information regarding this program is available on the website or by emailing one of the board members or head coach.