

SWIM LESSONS

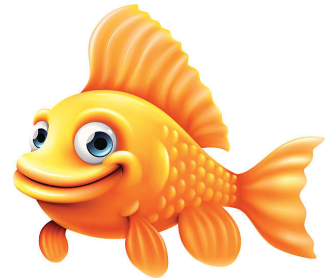


Fall 1 September 9 - October 26 SM Resident Rate: \$55 Non-Resident: \$65
 Fall 2 October 28 - December 14 SM Resident Rate: \$55 Non-Resident: \$65 (No class Nov 28)

Dates & Time are subject to change!

Winter January 6 - February 22
 Spring 1 February 24 - April 19, (No class March 24-29)
 Spring 2 April 21 - June 7, (No class May 26)

The SM Rec Dept is partnering with the Cudahy Rec Dept. to bring you quality lessons in a warm & inviting Cudahy Middle School Pool, 5530 S. Barland Avenue. We can now offer you more opportunities and classes during the week and on Saturdays. Please bring a bathing suit, towel, and a lock if you wish to use a locker. Enter doors #17 that are labeled Gym Entrance from the parking lot and the locker rooms will be down the hall on your left.



PARENT / CHILD LESSONS

Shrimp 6 - 24 months

Round Goby 2 - 3 years

Parent and child are in the water together with the primary goal of getting the child comfortable. Basic swimming skills are introduced through songs and games. This is an excellent opportunity for your child to interact with other children while learning to love the water.

Shrimp/Round Goby

Tuesdays 5:30-6:00 pm
 6:00-6:30 pm

Shrimp

Mondays 5:45-6:15 pm
 Saturdays 8:45-9:15 am

Round Goby

Mondays 6:30-7:00 pm
 Saturdays 9:25-9:55 am

PRESCHOOL, Ages 3 - 5

Rainbow Fish with Parent

Designed for the child who is not quite ready to be on their own in the water. This class incorporates parent participation while working toward independence. Parents may stay in the water as long as it takes for the child to feel comfortable, and the instructor will provide guidance as to when the transition should take place.

Mondays 5:45-6:15 pm
 Wednesdays 6:30-7:00 pm
 Thursdays 6:15-6:45 pm
 Saturdays 10:05-10:35 am

Rainbow Fish

Child will learn to float, kick and use arms on their front, back and side. They also work toward becoming comfortable with their face in the water and blowing bubbles. Work toward swimming 10 yards with a flotation device and 5 feet without flotation.

Monday 5:00-5:30 pm
 6:30-7:00 pm
 Tuesdays 6:45-7:15 pm
 Wednesdays 5:45-6:15 pm
 Thursday 4:50-5:20 pm
 5:30-6:00 pm
 Saturdays 8:45-9:15 am
 9:25-9:55 am
 10:45-11:15 am

Catfish

Your swimmer begins to improve on using their arms, legs and breathing - blowing bubbles and taking breaths. Works toward swimming 25 yards with a flotation device while on front, back and side and swimming 15 feet without a flotation device.

Mondays 4:15-4:45 pm
 Tuesdays 5:30-6:00 pm
 6:00-6:30 pm
 Wednesdays 5:45-6:15 pm
 Thursdays 6:15-6:45 pm
 Saturdays 10:45-11:15 am



Perch

Child will refine skills using their arms, legs and will be introduced to rhythmic breathing while swimming on their front. Will work toward swimming 25 yards with a one bubble belt on their front, back, and side, and swimming 20 feet without a flotation device.

Coho

Child will continue to refine strokes while building endurance. Keep working on swimming 25 yards with a one bubble belt and swimming 25 feet without a flotation device. We will also work on treading water and diving.

Perch/Coho

Mondays 5:00-5:30 pm
 Tuesdays 6:45-7:15 pm
 Wednesdays 6:30-7:00 pm
 Thursdays 5:30-6:00 pm
 Saturdays 10:05-10:35 am



INFORMATION & REGISTRATION

For more information, please contact the SM Rec Dept at 414-766-5081 or call Julie Bock, Aquatics Manager at the Cudahy Rec Dept (414) 294-2878

You may also email Julie at: bockj@cudahysd.org

Register online at www.cudahysd.org/page/aquatic-programs

SWIM LESSONS

YOUTH, Ages 6-12

Trout

Children at this level are beginner swimmers. In this class they will gain confidence as they learn how to be comfortable in the water, learn submerging, floating on front and back, and swimming on front, back, and side with a flotation device - 25 yards, and 20 feet without a flotation device.

Mondays	4:15-5:00 pm
	6:15-7:00 pm
Tuesdays	7:00-7:45 pm
Wednesdays	6:45-7:30 pm
Thursdays	5:15-6:00 pm
Saturdays	8:45-9:30 am
	10:35-11:20 am

Bass

At this level children are not fearful of venturing into the deep water. Swimmers will continue to improve on their floating and treading water skills, learn to swim 25 yards on front, back and side with rhythmic breathing.

Mondays	5:15-6:00 pm
Tuesdays	6:00-6:45 pm
Wednesdays	5:45-6:30 pm
Thursdays	6:15-7:00 pm
Saturdays	9:40-10:25 am
	10:35-11:20 am

Walleye

Children entering this level are able to swim 25 yards on their front, back, and side. Improved swimming 25 yards while learning rotary breathing and front/back overarm stroke. Refine elementary back, breast, and side strokes for 25 yards.

Mondays	4:15-5:00 pm
Tuesdays	7:00-7:45 pm
Wednesdays	5:45-6:30 pm
Thursdays	6:15-7:00 pm
Saturdays	8:45-9:30 am



YOUTH, Ages 6-12

Bowfin

Children are comfortable with basic techniques from Walleye. Swimmers should have a good grasp on the front crawl, back crawl, and elementary backstroke. They will continue to further refine their side and breast strokes. Endurance is increased to 50 yards for all strokes and the butterfly is introduced.

Mondays	5:15-6:00 pm
Tuesdays	6:00-6:45 pm
Wednesdays	6:45-7:30 pm
Thursdays	5:15-6:00 pm
Saturdays	9:40-10:25 am

King Salmon

Swimmers continue to refine strokes - front and back crawls, elementary backstroke and sidestroke, and increase distances for each to 100 yards. Learn butterfly arms and coordinate kick to swim 25 yards.

Snakehead

All of the strokes have been learned with added refinements. Inverted breaststroke, overarm sidestroke and trudgen crawl are learned with 200 yard continuous swim, using four strokes in good form.

King Salmon/Snakehead

Mondays	6:15-7:00 pm
Tuesdays	6:00-6:45 pm
Wednesdays	6:45-7:30 pm
Thursdays	5:15-6:00 pm
Saturdays	9:40-10:25 am



Private Swim Lessons

Youth and Adults

If you would like to learn more and set up a schedule, please email the instructor listed below. You will need to fill out a South Milwaukee Recreation Department registration form and coordinate times & dates that work for both you and your instructor.

Meet Our Instructors

- Emily Eaton
- eeaton@sdsd.k12.wi.us
- Darla Wack
- darlawack@gmail.com

Lap & Open Swim

Youth & Adults Saturdays

SM Middle School Pool enter door 34

11:00-1:00 pm

Admission: \$2.00/person

Sep 14 - Dec 21 No Swim Nov 30, Dec 28

Jan 4 - June 7 No Swim Mar 29



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