

Swim Lessons

Summer Sessions Begins June 15-August 22, \$80/10 Lessons, SM Residents No Classes July 3 & 4

Important Announcement:



The SM Rec Dept. and the Cudahy Rec Dept. are collaborating to provide the best swim lessons possible. Please note that the swim program has not been fully finalized at the time of this publication. Once we have more information, we will share the swim lesson schedule through our elementary schools in the "Summer Programs at a Glance" Flyer. We will also post the schedule on our website (smrecdept.org) and on our Facebook page. For more information, please visit the **QR Code** provided here or check the Cudahy Swim Lesson [Registration Site](#). Take a look at the swim lessons scheduled to be offered in the summer of 2026- *all classes, times and location are subject to change.*

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, 5:30-6:00pm, 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 3 - 5 years

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.

Mon 5:45-6:15 pm Wed 6:30-7:00 pm
Thu 6:15-6:45 pm Sat 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.

Mon 5:00-5:30 pm 6:30-7:00 pm
Tue 6:45-7:15 pm Wed 5:45-6:15 pm
Thu 4:50-5:20 pm 5:30-6:00 pm
Sat 8:45-9:15 am 9:25-9:55 am
Sat 10:45-11:15 am

Registration & Information

SM Rec Dept at (414) 766-5081,
or call Julie Bock,
Aquatics Manager, Cudahy Rec Dept.
(414) 294-2878. You may also email Julie at:
bockj@cudahysd.org

Swim Lesson online registration site:
<https://www.cudahysd.org/o/csd/page/swim-lessons>

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.

Mon 4:15-4:45 pm
Tue 5:30-6:00pm 6:00-6:30 pm
Wed 5:45-6:15 pm Thu 6:15-6:45 pm
Sat 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

Mon 5:00-5:30 pm Tue 6:45-7:15 pm
Wed 6:30-7:00 pm Thu 5:30-6:00 pm
Saturdays 10:05-10:35 am

YOUTH 6-12 years

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.

Mon 4:15-5:00 pm Mon 6:15-7:00 pm
Tue 7:00-7:45 pm Wed 6:45-7:30 pm
Thu 5:15-6:00 pm Sat 8:45-9:30 am & 10:35-11:20 am

Blue Gill

At this level children are comfortable in the water and have been exposed to basic swimming. Focus will be on refining swimming skills including rhythmic breathing and for a further distance - 25 yards with a flotation device and 45 feet without a flotation device. Swimmers will also work on gaining comfort and confidence in deep water.

Times to be determined