Fall 1 2026 Swim Lessons

For Swim Level Descriptions, please see the back!

* If the pool is closed for any reason (mechanical failure, weather related or any other reason) lessons will not be rescheduled nor refunded. Minimum amount of participants are required to hold classes! *

Pool Pass Holders $50

Residents (no pool pass) $60

Non-residents (no pool pass) $70

Registration is now online only through BOUND! Use this link to register:

https://www.gobound.com/wi/schools/lodi/communityed

PRESCHOOL AQUATICS STUDENTS MUST BE AT LEAST 3.5 YEARS OLD PRIOR TO THE START DATE. NO EXECPTIONS!

Sunday Lessons September 13th – October 18th	Wednesday Lessons September 16th – October 21st
Preschool Aquatics 1: 3:00-3:30	Preschool Aquatics 1: 5:30-6:00
Preschool Aquatics 2: 3:35-4:05	Preschool Aquatics 2: 6:05-6:35
Preschool Aquatics 3: 4:10-4:40	Preschool Aquatics 3: 5:30-6:00 Preschool Aquatics 3: 6:40-7:10
Learn-to-Swim Level 1: 3:00-3:45	Learn-to-Swim Level 1: 6:05-6:50
Learn-to-Swim Level 2: 3:50-4:35	Learn-to-Swim Level 2: 6:00-6:45 Learn-to-Swim Level 2: 6:55-7:40
Learn-to-Swim Level 3: 3:00-3:45	Learn-to-Swim Level 3: 6:00-6:45 Learn-to-Swim Level 3: 6:50-7:35
Learn-to-Swim Level 4-5: 3:50-4:35	Learn-to-Swim Level 4-5: 6:50-7:35

American Red Cross – Swim Lesson Level Descriptions

PRESCHOOL AQUATICS: AGES 3.5-5 (all skills are completed with flotation devices and/or assistance from the instructor)

Level 1: Orients children to the aquatic environment and helps them gain basic aquatic skills such as:

- Entering and exiting the water
- Blowing bubbles through their mouth and nose
- Submerging mouth, nose and eyes
- Opening eyes underwater
- Front and back glides
- Back floats
- Rolling from back to front and front to back
- Treading with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

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

- Enter the water by stepping in
- Exit water by using the ladder, steps or side of the pool
- Bobbing in the water
- Opening eyes and retrieving submerged objects
- Front and back glides
- Front and back floats
- Recovery from floating
- Rolling from back to front and front to back
- Treading water using arm and leg actions
- Combined arm and leg actions on front and back

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

- Enter the water by jumping in
- Fully submerging and holding breath
- Bobbing
- The basics of rotary breathing
- Jellyfish and tuck floats on front
- Recovery from floating
- Gliding
- Changing direction while swimming
- Treading water using arm and leg actions
- Finning arm actions
- Combined arm and leg actions on front and back

LEARN TO SWIM: AGES 6+

Level 1: Introduction to Aquatic Skills – helps participants feel comfortable in the water

- Entering and exiting the water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Bobbing
- Opening eyes and retrieving submerged objects
- Recovery from floating and gliding
- Treading water using arm and leg actions
- Alternating and simultaneous arm actions on front and back
- Alternating and simultaneous leg actions on front and back
- Combined arm and leg actions on front and back

Level 2: Fundamental Aquatic Skills – gives participants success with fundamental skills

- Entering water by jumping from side
- Fully submerging and holding breath
- Bobbing
- Opening eyes and retrieving submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats
- Floating and gliding on front and back
- Rolling from back to front and front to back
- Changing direction of travel while swimming
- Treading water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

Level 3: Stroke Development – builds on skills learned in LTS 2 through guided practice in deeper water

- Entering water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving to safety
- Survival floats
- Changing from vertical to horizontal positions on front and back
- Pushing off in a streamlined position and kicking
- Treading water
- Flutter, scissor, dolphin and breaststroke kicks
- Front crawl and elementary backstroke

Level 4: Stroke Improvement – develops confidence in skills previously learned and improves other aquatic skills

- Headfirst entries from the side in compact and stride positions
- Underwater swimming
- Feet first surface dives
- Survival swimming
- Front crawl and backstroke open turns
- Treading water using two different kicks
- Front crawl, backstroke, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicking on back
- Pushing off in a streamlined position and kicking on back