

Splashdown Swim Lessons



Splashdown Water Park offers the American Red Cross Learn to Swim Program. Levels 1 through 5 are open to ages 4 to 14 years of age. Children age 3 will be considered if child can show a good comfort level and swim readiness in the water and be receptive to instruction. Splashdown also offers an Aqua Tots Program for ages 2 to 4 years old.

Lessons are offered at both morning and evening times. You can determine the level of lessons your child should enroll in based on the information under each level or come to our **FREE Evaluation Day** (see page 2) to find out exactly what level your child should be placed. Upon completion of each level, the student will receive a certificate and will be able to move to the next level.

LESSON REGISTRATION INFO

April 27 - May 29 (3 ways to register)

- 1) Stop by Fon du Lac Park District Admin. Center
- 2) **ONLINE** at www.fondulacpark.com
use EPAY & CODE associated with the class
- 3) Call (309) 699-3923



Starting May 30 (2 ways to register)

- 1) Stop by Splashdown Water Park Front Office
- 2) Call (309) 694-1867

We accept Visa – MasterCard – Discover
for registration by phone or online

LESSON FEES

Levels 1 - 5	\$35
Aqua Tots	\$30

SESSIONS AVAILABLE

- #1 June 8 - 18
- #2 June 22 - July 2
- #3 July 6 - 16
- #4 July 20 - 30 **

LESSON TIMES

Mornings

10:30 - 11:05 or 11:10 - 11:45

Evenings

5:45 - 6:20

** 4th session not offered in evenings

LESSONS HELD

Monday - Thursday for 2 weeks

MAKE-UP CLASSES

Fridays are reserved if needed

REFUNDS

Full refunds will be issued if child is unable to participate 48 hours before the session begins. Rescheduling the session is an option.

Hannah Sheppard – Swim Lesson Director

FREE SWIM LESSON EVALUATION DAY - Saturday, June 6

If you are unsure which swim lesson level your child should be placed in, plan on attending our FREE Swim Lesson Evaluation Day prior to registering for classes. Our Swim Lesson Director and Instructors will be on hand to assess your child's ability and determine which level of swimming lesson best fits his or her needs. Each child who participates in the evaluation day and signs up for swim lessons will receive one free admission to Splashdown Water Park.

For: Ages 3 & up | Time: 10:00 - 11:30am (Come at any time during this time frame)



SPLASHDOWN SWIM LESSONS

INCLEMENT WEATHER INFORMATION

Sign up for Fon du Lac Park District Texting Program. The Swim Lesson Program will utilize this to alert parents if swim lessons are cancelled due to weather (lightening, storm storms, heavy rain, extreme cold).

Text FONDULAC to 40518

Text STOP to cancel

The **TEXT** will be sent by 9:45am for morning lessons & by 5:15pm for evening lessons.

The text message will also be sent to the Fon du Lac Park District Facebook Page. Remember that Fridays of each week are designated for make-up days.

AQUA TOTS

For 2 - 4 years of age

This swim class is designed for your child who is still growing comfortable in the water but is not quite ready for the independence of our Level I swim class. This program is centered on guiding the parent and child through multiple exercises and activities that introduce elementary water skills and promote independent swimming. Once your child can perform basic skills without parental assistance, they may begin Level I swim lessons.

CODE	SESSIONS	TIME	FEE
102 A	1 June 8 - 18	11:10 - 11:45 am	\$30
102 B	2 June 22 - July 2	11:10 - 11:45 am	\$30
102 C	3 July 6 - 16	11:10 - 11:45 am	\$30
102 D	4 July 20 - 30	11:10 - 11:45 am	\$30
EVENING CLASS			
103 A	1 June 8 - 18	5:45 - 6:20 pm	\$30
103 B	2 June 22 - July 2	5:45 - 6:20 pm	\$30
103 C	3 July 6 - 16	5:45 - 6:20 pm	\$30

**Aqua Tot classes require a parent to be in the water with your child.
A Swim Instructor will guide you through the activities during the class period.**

LEVEL 1: WATER EXPLORATION

Requirements:

Child has little to no water experience but is comfortable in the water.

Learning Objectives:

- Become oriented and move comfortably through the water.
- Fully submerge face.
- Demonstrate supported floating and kicking on front and back.
- Enter and exit water independently.

CODE	SESSIONS	TIME	FEE
104 A	1 June 8 - 18	10:30 - 11:05 am	\$35
104 B	2 June 22 - July 2	10:30 - 11:05 am	\$35
104 C	3 July 6 - 16	10:30 - 11:05 am	\$35
104 D	4 July 20 - 30	10:30 - 11:05 am	\$35
EVENING CLASS			
105 A	1 June 8 - 18	11:10 - 11:45 am	\$35
105 B	2 June 22 - July 2	11:10 - 11:45 am	\$35
105 C	3 July 6 - 16	11:10 - 11:45 am	\$35
105 D	4 July 20 - 30	11:10 - 11:45 am	\$35
EVENING CLASS			
106 A	1 June 8 - 18	5:45 - 6:20 pm	\$35
106 B	2 June 22 - July 2	5:45 - 6:20 pm	\$35
106 C	3 July 6 - 16	5:45 - 6:20 pm	\$35

LEVEL 2: PRIMARY SKILLS

Requirements:

Child is comfortable in water and can put face in water, blow bubbles, and can float on front and back with assistance.

Learning Objectives:

- Fully submerge head and retrieve underwater objects.
- Demonstrate unsupported front and back float or glide.
- Perform flutter kick on front and back.
- Demonstrate rhythmic breathing.

CODE	SESSIONS	TIME	FEE
107 A	1 June 8 - 18	10:30 - 11:05 am	\$35
107 B	2 June 22 - July 2	10:30 - 11:05 am	\$35
107 C	3 July 6 - 16	10:30 - 11:05 am	\$35
107 D	4 July 20 - 30	10:30 - 11:05 am	\$35
EVENING CLASS			
108 A	1 June 8 - 18	11:10 - 11:45 am	\$35
108 B	2 June 22 - July 2	11:10 - 11:45 am	\$35
108 C	3 July 6 - 16	11:10 - 11:45 am	\$35
108 D	4 July 20 - 30	11:10 - 11:45 am	\$35
EVENING CLASS			
109 A	1 June 8 - 18	5:45 - 6:20 pm	\$35
109 B	2 June 22 - July 2	5:45 - 6:20 pm	\$35
109 C	3 July 6 - 16	5:45 - 6:20 pm	\$35

LEVEL 3: STROKE READINESS

Requirements:

Child can float alone on front and back and can demonstrate kicking and arm-stroke action and can demonstrate all the learning objectives in level 2.

Learning Objectives:

Dive from side of pool in kneeling position.

Coordinate components of the front crawl with side-breathing and introduce back crawl.

Demonstrate gliding with push-off from wall.

Introduce the fundamentals of elementary backstroke arm movement with flutter kick.

CODE	SESSIONS	TIME	FEE
110 A	1 June 8 - 18	10:30 - 11:05 am	\$35
110 B	2 June 22 - July 2	10:30 - 11:05 am	\$35
110 C	3 July 6 - 16	10:30 - 11:05 am	\$35
110 D	4 July 20 - 30	10:30 - 11:05 am	\$35
111 A	1 June 8 - 18	11:10 - 11:45 am	\$35
111 B	2 June 22 - July 2	11:10 - 11:45 am	\$35
111 C	3 July 6 - 16	11:10 - 11:45 am	\$35
111 D	4 July 20 - 30	11:10 - 11:45 am	\$35
EVENING CLASSES			
112 A	1 June 8 - 18	5:45 - 6:20 pm	\$35
112 B	2 June 22 - July 2	5:45 - 6:20 pm	\$35
112 C	3 July 6 - 16	5:45 - 6:20 pm	\$35

LEVEL 4: STROKE DEVELOPMENT

Requirements:

Child can perform front crawl with side-breathing for 10 yards and can demonstrate all the learning objectives in level 3.

Learning Objectives:

Dive from side of pool at standing position.

Learns to tread water.

Refine elementary backstroke combining arms and legs movement.

Build endurance with front crawl and back crawl.

CODE	SESSIONS	TIME	FEE
113 A	1 June 8 - 18	10:30 - 11:05 am	\$35
113 B	2 June 22 - July 2	10:30 - 11:05 am	\$35
113 C	3 July 6 - 16	10:30 - 11:05 am	\$35
113 D	4 July 20 - 30	10:30 - 11:05 am	\$35
114 A	1 June 8 - 18	11:10 - 11:45 am	\$35
114 B	2 June 22 - July 2	11:10 - 11:45 am	\$35
114 C	3 July 6 - 16	11:10 - 11:45 am	\$35
114 D	4 July 20 - 30	11:10 - 11:45 am	\$35
EVENING CLASS			
115 A	1 June 8 - 18	5:45 - 6:20 pm	\$35
115 B	2 June 22 - July 2	5:45 - 6:20 pm	\$35
115 C	3 July 6 - 16	5:45 - 6:20 pm	\$35

LEVEL 5: ADVANCED STROKE DEVELOPMENT

Requirements:

Child can perform front crawl with side-breathing for length of the pool and tread water and can demonstrate all the learning objective in level 4.

Learning Objectives:

Continue to increase endurance in the front crawl and back crawl.

Introduce breaststroke.

Tread water for endurance.

Learn the fundamentals of sidestroke.

CODE	SESSIONS	TIME	FEE
116 A	1 June 8 - 18	10:30 - 11:05 am	\$35
116 B	2 June 22 - July 2	10:30 - 11:05 am	\$35
116 C	3 July 6 - 16	10:30 - 11:05 am	\$35
116 D	4 July 20 - 30	10:30 - 11:05 am	\$35
117 A	1 June 8 - 18	11:10 - 11:45 am	\$35
117 B	2 June 22 - July 2	11:10 - 11:45 am	\$35
117 C	3 July 6 - 16	11:10 - 11:45 am	\$35
117 D	4 July 20 - 30	11:10 - 11:45 am	\$35
EVENING CLASS			
118 A	1 June 8 - 18	5:45 - 6:20 pm	\$35
118 B	2 June 22 - July 2	5:45 - 6:20 pm	\$35
118 C	3 July 6 - 16	5:45 - 6:20 pm	\$35