

SWIMMING LESSONS

The Campbell Park Outdoor Pool offers swimming lessons following the latest updated American Red Cross Swimming and Water Safety Program.

The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisites.

Swimming Lesson Fees (per session):
City of Baraboo Resident - \$30
Non Resident - \$40

- All Swimming Lesson Registrations are handled online, at the Civic Center office or by mail ONLY. – Lesson Registrations are not accepted at the pool. Lesson Registrations will not be accepted after the “Register Before” dates listed for each session. This allows us the necessary time to assign classes to the available instructors and complete the class lists.
- You may sign your child/children up for no more than two lessons at a time. After completion of the first lesson, you may sign up for a third lesson either online or in the Park & Recreation Office at the Baraboo Civic Center.
- Swimming Lessons will be held Monday–Thursday. Each Friday will be a planned make-up day that will only be used if there are cancellations during the week. This allows an extra day to sign up for your next lesson session also.

PRESCHOOL AQUATICS

Gives young children about ages 4 and 5, a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. Skills are age-appropriate, helping participants achieve success on a regular basis.

Preschool Aquatics Level 1:

Helps participants feel comfortable in the water and enjoy the water safely. See Learn to Swim Level 1 for the list of skills introduced.

Session 1: 6/13 to 6/23

Register before 6/11

10:00-10:30am
10:30-11:00am
11:30-Noon
5:30 – 6:00pm

Session 2: 6/27 to 7/7

Register before 6/25

10:00-10:30am
10:30-11:00am
11:30-Noon

Session 4: 7/25 to 8/4

Register before 7/23

10:30-11:00am

Session 3: 7/11 to 7/21

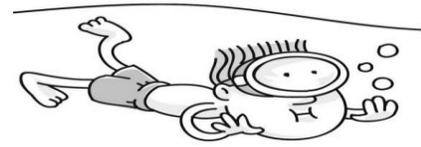
Register before 7/9

10:00-10:30am
10:30-11:00am
11:30 – Noon

Session 5: 8/8 to 8/18

Register before 8/6

10:00 – 10:30am
5:30-6:00pm



Preschool Aquatics Level 2:

Builds on the skills learned in Preschool Level 1 and gives participants success with fundamental skills, such as floating and basic locomotion. See Learn to Swim Level 2 for the list of skills introduced.

Session 1: 6/13 to 6/23

Register before 6/11

10:00-10:30am
11:00-11:30am

Session 2: 6/27 to 7/7

Register before 6/25

10:00-10:30am
10:30-11:00am
11:00-11:30am
5:30-6:00pm

Session 3: 7/11 to 7/21

Register before 7/9

10:00-10:30am
10:30-11:00am
11:00-11:30am

Session 4: 7/25 to 8/4

Register before 7/23

10:00-10:30am
11:00-11:30am
5:30-6pm

Session 5: 8/8 to 8/18

Register before 8/6

10:00-10:30am
11:00-11:30am



NOTICE

Preschool Aquatics Level 3:

Builds on the skills in Preschool Level 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions. See Learn to Swim Level 3 for a list of the skills introduced.

Session 1: 6/13 to 6/23

Register before 6/11

11:00-11:30am
11:30-Noon

Session 2: 6/27 to 7/7

Register before 6/25

11:00-11:30am
11:30-Noon
5:30-6:00pm

Session 3: 7/11 to 7/21

Register before 7/9

10:00-10:30am
10:30-11:00am
11:30-Noon
5:30-6:00pm

Session 4: 7/25 to 8/4

Register before 7/23

11:00-11:30am

Session 5: 8/8 to 8/18

Register before 8/6

11:00-11:30am

LEARN – TO – SWIM

Level 1 - Introduction to Water Skills:

Helps participants feel comfortable in the water.

Course Includes: Blowing bubbles, bobbing, open eyes under water & retrieve objects, front & back glides and back floats, tread water using arm & hand actions, staying safe around aquatic environments, recognizing emergencies and how to call for help.

Session 1: 6/13 to 6/23

Register before 6/11

10:00-10:45am
11:00-11:45am
5:15-6:00pm

Session 2: 6/27 to 7/7

Register before 6/25

9:15-10:00am
10:00-10:45am
11:00-11:45am

Session 3 :7/11 to 7/21

Register before 7/9

10:00-10:45am
11:00-11:45am
5:15-6:00pm

Session 4 : 7/25 to 8/4

Register before 7/23

9:15-10:00am
10:00-10:45am
11:00-11:45am
5:15-6:00pm

Session 5: 8/8 to 8/18

Register before 8/6

9:15-10:00am
11:00-11:45am



Level 2 – Fundamental Aquatic Skills:

Gives participants success with fundamental skills.

Course Includes: fully submerge and hold breath; bobbing, pick up object under water with eyes open, front & back float; rolling over, front & back glides, front, jellyfish and tuck floats, treading water, combined arm & leg actions, developing distance endurance.

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Register before 6/11

9:15-10:00am
11:00-11:45am

Session 2: 6/27 to 7/7

Register before 6/25

9:15-10:00am
10:00-10:45am
11:00-11:45am
5:15-6:00pm

Session 3: 7/11 to 7/21

Register before 7/9

9:15-10:00am
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11:00-11:45am

Session 4: 7/25 to 8/4

Register before 7/23

9:15-10:00am
10:00-10:45am
11:00-11:45am
5:15-6:00pm

Session 5: 8/8 to 8/18

Register before 8/6

5:15-6pm
9:15-10:00am
10:00-10:45am
11:00-11:45am



Level 3 – Stroke Development:

Builds on Level 2 skills with practice in deeper water.

Course Includes: bobbing while moving towards safety, head first entry, rotary breathing, front & back glides, front crawl, elementary backstroke, changing horizontal & vertical position – front & back, treading water, flutter and dolphin kicks on front, scissors kick.

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Register before 6/11

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11:00-11:45am

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Register before 7/23

9:15-10:00am
10:00-10:45am
11:00-11:45am
5:15-6pm

Session 5: 8/8 to 8/18

Register before 8/6

5:15-6:00pm

Level 4 – Stroke Improvement:

Course Content: head first entry in compact and stride positions, underwater swimming, feet first dive, open turns on front & back, treading water using two different kicks, front & back crawl, breaststroke, elementary backstroke, sidestroke, butterfly, flutter & dolphin kicks.

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Register before 6/11

11:00-11:45am

Session 2: 6/27 to 7/7

Register before 6/25

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11:00-11:45am

Session 3: 7/11 to 7/21

Register before 7/9

11:00-11:45am

Session 4: 7/25 to 8/4

Register before 7/23

9:15-10:00am
5:15-6pm

Session 5: 8/8 to 8/18

Register before 8/6

5:15-6:00pm

Level 5 – Stroke Refinement:

Course Includes: shallow-angle dive, tuck and pike surface dives, front flip turn and backstroke flip turn while swimming, front and back crawl, elementary backstroke, breaststroke, butterfly, standard scull, how to call for help and the importance of knowing first aid and CPR.

Session 2: 6/27 to 7/7

Register before 6/25

9:15 – 10:00am

Session 4: 7/25 to 8/4

Register before 7/23

9:15 – 10:00am

Session 5: 8/8 to 8/18

Register before 8/6

5:15-6:00pm

Level 6 – Swimming/Skill Proficiency:

Refines strokes so participants swim with ease, power, efficiency, and smoothness over greater distances.

Session 3: 7/11 to 7/21

Register before 7/9

9:15 – 10:00am

Session 4 : 7/25 to 8/4

Register before 7/23

9:15 – 10:00am

Session 5: 8/8 to 8/18

Register before 8/6

5:15-6:00pm

PARENT & CHILD AQUATICS

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to 3 years become comfortable in the water so they are ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

Session 4: 7/25 to 8/4

Register before 7/23

5:30-6:00pm

Session 5: 8/8 to 8/18

Register before 8/6

5:30-6:00pm

ADULT WATER AEROBICS

This program is specifically designed for adults utilizing water resistance to make exercise easier on the joints.

Ages: 18 years and older

Program Location: Campbell Park Swimming Pool

Program Times: Mon, Tues & Thurs 5:30-6:15pm

Session I: June 13th – July 14th

Fees: Residents - \$20 Non-Residents - \$30

Registration Deadline: June 11th

Session II: July 18th – August 18th

Fees: Residents - \$20 Non-Residents - \$30

Registration Deadline: July 16th

ADULT AQUA ZUMBA CLASS

This **NEW** and exciting Aquatics Program is appropriate for teenagers as well as adults and seniors! Erika Gerhardt is our Aqua Zumba certified instructor and she will lead everyone through this work-out with a teaching style that is well suited to the various fitness levels of each and every participant. Because this Aqua Zumba format is based on the European style of water fitness it is expected that each individual will exercise at their own pace, level of intensity, and comfort level.

Ages: 16 years old and older

Program Location: Campbell Park Swimming Pool

Program Times: Wednesdays 5:30pm-6:15pm

Session I: June 15th-July 13th

Fees: Residents - \$30 Non-Residents - \$40

Registration Deadline: Monday June 13th

Session II: July 20th-August 17th

Fees: Resident - \$30 Non-Residents - \$40

Registration Deadline Monday July 18th

OUTDOOR SWIMMING POOL

The swimming pool is located in Campbell Park on South Boulevard and is open June 3rd thru August 19th. Information can be obtained by calling the pool at 355-2764 when it is open for the season. During poor weather, cancellations will be posted on our website, Facebook page & cancellation line (355-2760 x12).

Open Swim – Daily 1:30-5pm & 6:30-8:30pm

Family Night – Sundays 6:30-8:30pm

Adult Swim – Mon.-Fri. 11:30am-1:15pm & 5-6:30pm

Pool Passes must be purchased online or at the Civic Center until the pool opens. After June 3rd they can be purchased at the pool during open swim times. Proof of residency is required.

| Pool Pass Fees | Season Pass | Family Pass | Daily Swim |
|-----------------------|--------------------|--------------------|-------------------|
| City Resident | \$35 | \$100* | \$4 |
| Non Resident | \$50 | \$125* | \$4 |

Family passes include up to 6 people **living at the same address, there is an additional \$10 charge per person for families over 6.*

POOL RENTAL: Rental fees are \$100, plus lifeguards. A minimum 7 day notice is needed for all rentals. **Rentals must be made through the swimming pool office. Pool office hours are Monday-Friday 9am-8pm and weekends 1-5pm & 6:30-8pm.**

