



Aqua Minis

High Demand Class

A Parent & Child Class

Ages 8 - 17 months

Class will focus on water adjustment and safety skills to help develop comfort in the water. (*Child MUST BE 8 months at the start of session.) ONLY one adult (need not be a skilled swimmer) must accompany each child in the water.

Longfellow (Pool)

\$38 / \$53 Non-Resident

Tu 9/21 - 11/23 5:30 - 6:00pm 144000-01

Wauwatosa Aquatic Center (East High)

\$35 / \$50 Non-Resident

Sa 9/25 - 11/20 10:55 - 11:25am 144000-E1

Aqua Baby

High Demand Class

A Parent & Child Class

Ages 18 - 30 months

Have fun in the water utilizing songs, games, and activities emphasizing water adjustment and safety. (Child MUST BE 18 mon. at the start of session.) ONLY one adult (need not be a skilled swimmer) must accompany each child in the water.

Longfellow (Pool)

\$38 / \$53 Non-Resident

Tu 9/21 - 11/23 6:05 - 6:35pm 144010-03

Wauwatosa Aquatic Center (East High)

\$35 / \$50 Non-Resident

Sa 9/25 - 11/20 10:20 - 10:50am 144010-E1



Aqua Tots & Aqua Tykes

A Parent & Child Class

High Demand Class

Ages 2.5 - 5 years

Children will become comfortable in the water and have fun with their accompanying adult while learning introductory Red Cross swimming skills such as kicking, arm strokes, breath control, and more. ONLY one adult (need not be a skilled swimmer) must accompany each child in the water.

Aqua Tots (30 - 48 months)

Longfellow (Pool)

\$38 / \$53 Non-Resident

Tu 9/21 - 11/23 6:40 - 7:10pm 144020-01

Wauwatosa Aquatic Center (East High)

\$35 / \$50 Non-Resident

Sa 9/25 - 11/20 9:45 - 10:15am 144020-E1

Aqua Tykes (4 - 5 year olds)

East (Pool)

\$35 / \$50 Non-Resident

Sa 9/25 - 11/20 8:30 - 9:00am 144030-E1

Sa 9/25 - 11/20 11:30am-12:00pm 144030-E2

Don't Forget: Register for High Demand Classes on Thursday, August 26 @ 10:00am.

Private Lessons

High Demand Class

Individualized swim lessons for Age 5+

Designed to give swimmers one-on-one instruction. These lessons are designed for individuals needing more individual attention as a result of fear of water, difficulty with accomplishing skills or simply because one-on-one attention is desired. These lessons are also suitable for individuals identified as having a disability (physical limitations, cognitive delays and/or developmental delays) and may require direct physical assistance. *Students can remain in these lessons or lessons may be used to prepare for inclusion to group lessons. Depending on the severity of the disability, parent or guardian may assist in the water.*

Wauwatosa Aquatic Center (East High)

\$40 / \$55 Non-Resident

Sa 9/25 - 10/9 8:15 - 8:55am 144050-E1

Sa 9/25 - 10/9 9:45 - 10:25am 144050-E2

Sa 9/25 - 10/9 11:15 - 11:55am 144050-E3

Sa 10/16 - 10/30 8:15 - 8:55am 144050-E4

Sa 10/16 - 10/30 9:45 - 10:25am 144050-E5

Sa 10/16 - 10/30 11:15 - 11:55am 144050-E6

Sa 11/6 - 11/20 8:15 - 8:55am 144050-E7

Sa 11/6 - 11/20 9:45 - 10:25am 144050-E8

Sa 11/6 - 11/20 11:15 - 11:55am 144050-E9

Longfellow (Pool)

\$50 / \$65 Non-Resident

Tu 9/21 - 10/19 7:15 - 7:45pm 144050-01

Tu 10/26 - 11/23 7:15 - 7:45pm 144050-02

Th 9/23 - 10/21 7:00 - 7:30pm 144050-03

\$40 / \$55 Non-Resident

Th 10/28 - 11/18 7:00 - 7:30pm 144050-04

Beginning Diving

Grades 5 - 12

Beginning divers will learn the fundamental skills of diving and five basic dives: racing start, front, back, tuck and pike. Prerequisite: Level 3 swim ability & up. If passed Level 3, but do not meet the grade requirement, contact the Wauwatosa Recreation Department.

Wauwatosa Aquatic Center (East High)

Dates & Times TBD-**Check Back Soon**



Children's Swim Instruction

High Demand Class

Swim classes follow the American Red Cross guidelines. See below for prerequisites and class descriptions. All students will be tested at the first class to ensure proper level placement. We reserve the right to move students to the correct level. Children may have to repeat a level before all skills are completed satisfactorily. Must be AT LEAST age 6, & AT LEAST 48 inches tall.

Level 1A - Intro to Water Skills

Learn and practice submerging, breath control, floats (front and back), safety skills, and the front crawl (arms, kicking, and coordination).

Level 1B - Intro to Water Skills

Passed Level 1A; learn and practice breath control, safety skills, and front crawl (proper rotary breathing, arms, kicking and coordination).

Level 2 - Fundamental Aquatic Skills

Passed Level 1B; learn glides, bobbing, back crawl, elementary backstroke kick, jumping into deep water, treading water, and continue practicing coordinated front crawl.

Level 3 - Stroke Development

Passed Level 2; learn elementary backstroke, butterfly kick and body motion, scissors kick, treading water (deep), kneeling dive into deep water, increase endurance, and coordinated front and back crawl.

Level 4A - Stroke Improvement

Passed Level 3; learn breaststroke and standing dive, refine elementary backstroke, increase distance for front and back crawl.

Level 4B - Stroke Development

Passed Level 4A; learn sidestroke and butterfly, refine elementary backstroke, front & back crawl, and breaststroke.

Level 5 - Stroke Refinement

Passed Level 4B; learn flip turns and surface dives. Refine breaststroke, sidestroke, and butterfly. Increase distance and continue refining front & back crawls and elementary backstroke.

Level 6 - Personal Water Safety (PWS)

Passed Level 5; learn self-rescue techniques, basic water safety skills, surface dives, and survival swimming. Increase distance on front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly.

Level 6 - Fitness Swimmer (FS)

Passed Level 5; improve efficiency for fitness/competitive swimming. Turns, setting up a fitness program, using pace clock and various training techniques; continue to refine/increase distance on front/back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly.

High Demand Class Fall: Sa 9/25 - 11/20 Wauwatosa Aquatic Center (East High)

\$45 / \$60 Non-Resident

Time	Level	Course #	Time	Level	Course #
8:15-8:55am	1A	144100-E1	10:30-11:10am	1B	144190-E4
8:15-8:55am	3	144120-E1	10:30-11:10am	2	144110-E3
8:15-8:55am	5	144150-E3	10:30-11:10am	4B	144140-E2
9:00-9:40am	1B	144190-E2	10:30-11:10am	6 PWS	144160-E3
9:00-9:40am	2	144110-E2	11:15-11:55am	1A	144100-E5
9:00-9:40am	6 FS	144170-E6	11:15-11:55am	3	144120-E5
9:45-10:25am	1A	144100-E3			
9:45-10:25am	3	144120-E4			
9:45-10:25am	4A	144130-E1			

High Demand Class

Fall: Th 9/23-11/18 Longfellow

\$45 / \$60 Non-Resident

Time	Level	Course #
5:30-6:10pm	1A	144100-11
5:30-6:10pm	2*	144110-12
6:15-6:55pm	1B	144190-11
6:15-6:55pm	3	144120-02

*Level 2 class will take place in the middle to deep portion of the pool.

Don't Forget: Register for High Demand Class on Thursday, August 26 @ 10:00am. For all other classes register NOW!





Tosa Aquatic Club (USA Competitive Swim Team)

Competitive swim program for children of all ages who can swim a minimum of 25 yards each of the front and back crawl. Please go to the team website and select the 'Club Info' tab to view level descriptions: <https://www.teamunify.com/Home.jsp?team=wits>

LIMITED AVAILABILITY

**September 13 - February 17
Specific Times & Fees TBD
*Limited practices for non-State
Qualifiers after February 17**

Iron	\$340/\$390 NR	142000-01
Bronze	\$350/\$400 NR	142000-02
Silver	\$360/\$410 NR	142000-03
Gold	\$370/\$420 NR	142000-04
Junior	\$400/\$450 NR	142000-05
Junior +	\$410/\$460 NR	142000-06
Senior	\$205/\$255 NR	142000-07
Senior +	\$205/\$255 NR	142000-08

Coaches are experienced, have Lifeguarding, CPR and AED certifications, and are USA Swimming certified.

The team competes year-round in local and state USA meets.

Practice locations/times subject to change depending on time of year due to school athletics, watch for Team Calendars and Emails. Practice locations are East, West and Whitman. Schedules may change throughout the season. To get a tentative schedule, please go to the Youth Aquatics page or Tosa Aquatic Club page under the Youth Programs tab at www.tosarec.com.

(Family Rates are available, but not available during online registration, must be done in office)

Wauwatosa Recreation Department registration fee does not cover the mandatory USA Swimming Athlete membership fee or meet fees. These fees are paid during the first week of practice or you forfeit your spot on the team. No exceptions!

Register online at www.tosarec.com or get an Aquatic Club form from our office or website (Youth Aquatics tab). New members must register, but are given a one-week trial. Coach reserves the right to place swimmers in correct level or recommend swim lessons.

Priority Registration for current team members starts week of August 16. New Swimmers register starting August 24, 9:00am.
New Parent Meeting will be scheduled during the first week of practice.

New members must register, but are given a one-week trial. Coach reserves the right to place swimmers in correct level or recommend swim lessons. Priority registration given to current team members and residents of Wauwatosa.

Lifeguarding

Age 15 to attend class; 16+ to guard

Get trained for a great job. Learn the skills and knowledge lifeguards need to prevent and respond to emergencies. Participation in ALL classes is required for certification, along with the passing of written and skills tests. This is a Blended Learning class in which participants will do some coursework at home and attend all in-class sessions. (Additional time has been built into the schedule). *We might ask you to bring a family member to class for in-water skills to help minimize risks to participants in the class.* See receipt for class locations on specific dates.

Wauwatosa Aquatic Center (East High)/ Longfellow Pool

\$65 Resident & Non-Resident

144400-01

Attend **ALL** of the following:

Tu 11/23 5:30 - 8:30pm

Sa 12/4 8:30am - 5:00pm

Tu 12/7 5:30 - 8:30pm

Sa 12/18 8:30am - 5:00pm

Registration deadline: 11/23

For more info or to express interest,
call (414)773-2900

Participants who successfully pass the course, apply with tosarec.com and are hired will be reimbursed the cost of the class

**Note: WSI Course may be offered during the same time as lifeguarding class.
Check back for details.**

