

# AQUATIC CENTER



The Sparta Family Aquatic Center (SFAC) features a 6 lane, 50 meter competitive pool that is used for a variety of activities. The water park features a 290-foot inner tube slide that enters into a 57,000-gallon lazy river. The children's area has a zero-level entry, with other water features including a waterwheel-like tipping bucket and walking pads with ropes to swing from above.

## 2022 POOL SEASON

June 4 - August 27

### WEEKDAYS

monday - friday

#### Lap Swim

6:00 AM - 8:00 AM

#### Swim Lessons

9:00 - 10:30 AM

4:10 - 6:30 PM

#### Open Swim

12:30 - 4:00 PM

6:30 - 8:30 PM

### WEEKENDS

saturday & sunday

#### Open Swim

12:00 - 8:00 PM

### DAILY FEES

**CHILD** \$3.00

**ADULT** \$5.00

**SENIOR** \$3.00

## SFAC CONTACT INFORMATION

### Phone

608-269-5344

### Registration Website

[www.spartaparks.com](http://www.spartaparks.com)

### Weather Hotline

608-269-6322

### City Website

[www.spartawisconsin.org](http://www.spartawisconsin.org)

### Location

725 Pine Street, Sparta, WI 54656

## POOL PASS FEES

<b>CHILD</b>	\$50.00	\$87.50 non-res
<b>ADULT</b>	\$60.00	\$105.00 non-res
<b>FAMILY</b>	\$120.00	\$210.00 non-res

## LOG ROLLING

This class will teach the fundamentals of log rolling. This class will improve overall balance, agility, core strength, and concentration while having a blast! Log Rolling is for ages 6+. Come on in and see what this world growing sport is all about! \*\*Tennis Shoes recommended but not required.

**AGE** 6+

**SESSION 1** June 7 - July 7

**SESSION 2** July 19 - August 18

**DAYS/TIME** T & TH, 8:00 - 8:40am

**FEE** \$30.00 Res / \$52.50 Non-Res

## SEAHORSE SWIM TEAM

Swim Team is for swimmers 6 & up. You must be able to swim 25 yards non-stop in order to participate. The team competes in 8-10 weekend meets throughout the summer.

**AGE** 6+

**SEASON** June 6 - Early August

**DAYS/TIME** M-F, 10:30 - 12:00pm

**FEE** \$40.00 Res / \$70.00 Non-Res



## 2022 POOL STAFF NEEDED!!

The SPR Department is accepting applications for: Lifeguards and Concessions, Admissions, Bathhouse, Slide (CABS) workers. Certifications are required for specific positions. Training will be offered. Applications are available at the Parks and Rec office.

Contact [Ryan Pawlisch](#) for more information.

## AQUA FITNESS CLASSES

will be listed in the Summer Adult Fitness Guide



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# SWIM LESSONS

**REGISTRATION OPENS:** Monday, May 9th, 2022

**\*\*Limited to one class per kid per summer**

**SESSION LENGTH:** 4 days/week for 2 weeks

**CLASS DAYS:** Monday-Thursday (Friday-make up day)

**CLASS LENGTH:** 40 minutes

**CLASS DESCRIPTIONS:** Available on page 14

## LESSON FEES

**RESIDENT** \$20.00 / \$40.00 family

**NON-RES** \$35.00 / \$70.00 family

**SASD STUDENTS** Free\*

\*\*PreK- 12th grade students enrolled at SASD for the 2022-23 school-year

## LESSON PLACEMENT

See page 14 for class descriptions and the primary objectives. A participant should be placed in a level where he or she **CANNOT** complete all the tested items but **CAN** accomplish the previous level items with 100% efficiency. The overall purpose of our program is to teach and make sure participants can achieve all the skills and to learn how to use these skills to stay safe. Our staff will not pass someone for any other reason than successfully completing the level requirements to 100% satisfaction.

### SESSION #1

June 13 - June 24

#### 9:00 AM - 9:40 AM

**Preschool:** Learning Pool Safety (3)

**Level 1:** Water Skills Intro (2)

**Level 4:** Improvement of Strokes

**Level 5:** Refining Strokes

**Level 6:** Fitness Swimmer

#### 9:50 AM - 10:30 AM

**Parent Child:** Discovery of Water

**Preschool:** Learning Pool Safety (2)

**Level 1:** Water Skills Intro

**Level 3:** Development of Strokes (2)

**Level 4:** Improvement of Strokes

**Level 5:** Refining Strokes

#### 4:10 PM - 4:50 PM

**Parent Child:** Discovery of Water

**Preschool:** Learning Pool Safety (3)

**Level 2:** Aquatic Fundamentals

**Level 3:** Development of Strokes (2)

**Level 1:** Water Skills Intro

#### 5:00 PM - 5:40 PM

**Preschool:** Learning Pool Safety (2)

**Level 1:** Water Skills Intro (2)

**Level 2:** Aquatic Fundamentals

**Level 3:** Development of Strokes (3)

### SESSION #2

July 5 - July 15

#### 9:00 AM - 9:40 AM

**Preschool:** Learning Pool Safety (3)

**Level 1:** Water Skills Intro (2)

**Level 3:** Development of Strokes

**Level 4:** Improvement of Strokes

**Level 5:** Refining Strokes

#### 9:50 AM - 10:30 AM

**Parent Child:** Discovery of Water

**Preschool:** Learning Pool Safety

**Level 1:** Water Skills Intro (2)

**Level 2:** Aquatic Fundamentals

**Level 3:** Development of Strokes (2)

**Level 5:** Refining Strokes

#### 4:10 PM - 4:50 PM

**Parent/Child:** Discovery of Water

**Preschool:** Learning Pool Safety (3)

**Level 1:** Water Skills Intro

**Level 2:** Aquatic Fundamentals

**Level 3:** Development of Strokes (2)

#### 5:00 PM - 5:40 PM

**Parent Child:** Discovery of Water

**Preschool:** Learning Pool Safety (2)

**Level 2:** Aquatic Fundamentals

**Level 3:** Development of Strokes (2)

**Level 4:** Improvement of Strokes

**Level 5:** Refining Strokes

### SESSION #3

July 25 - August 5

#### 9:00 AM - 9:40 AM

**Preschool:** Learning Pool Safety (2)

**Level 1:** Water Skills Intro

**Level 3:** Development of Strokes

**Level 4:** Improvement of Strokes (2)

**Level 5:** Refining Strokes

**Level 6:** Fitness Swimmer

#### 9:50 AM - 10:30 AM

**Parent Child:** Discovery of Water

**Preschool:** Learning Pool Safety (2)

**Level 2:** Aquatic Fundamentals

**Level 3:** Development of Strokes

**Level 4:** Improvement of Strokes

**Level 5:** Refining Strokes

**Level 6:** Fitness Swimmer

#### 4:10 PM - 4:50 PM

**Parent Child:** Discovery of Water

**Preschool:** Learning Pool Safety (2)

**Level 1:** Water Skills Intro (2)

**Level 3:** Development of Strokes (2)

**Level 4:** Improvement of Strokes

#### 5:00 PM - 5:40 PM

**Parent/Child:** Discovery of Water

**Preschool:** Learning Pool Safety

**Level 1:** Water Skills Intro

**Level 2:** Aquatic Fundamentals (2)

**Level 3:** Development of Strokes (2)

**Level 6:** Fitness Swimmer



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# SWIM LESSONS

## PARENT/CHILD

Ages 6 months - 48 months. In this course the children will work with a parent on entering and exiting the water, breathing control, buoyancy, buoyancy on their back, swimming on front and back, water safety, and more!

## PRESCHOOL: LEARNING POOL SAFETY

Skills: water entry and exit independently, breathing control and underwater swimming, buoyancy on front and back independently, swimming on front and back with support, general water safety, and helping others.

## LEVEL 1: WATER SKILLS INTRODUCTION

Skills: entering and exiting the water on ladders, blowing bubbles through mouth and nose, submerging comfortably, front floats, swimming on front, back floats, swimming on back and water safety.

## LEVEL 2: AQUATIC FUNDAMENTALS

Skills: stepping or jumping in, picking up submerged objects at the bottom, extended front floats, alternating arm and leg actions on swimming, swimming on side, treading water, rules of the pool.

## LEVEL 3: DEVELOPMENT OF STROKES

Skills: jumping into deep water, retrieving objects, learning rotary breathing, survival floats, learning and practicing the different strokes, treading water and diving.

## LEVEL 4: IMPROVEMENT OF STROKES

Skills: improving their strokes and endurance by using the strokes they learned in level three and swimming and extended length with them. They will also be working on a change in direction, diving, treading water for longer and water safety.

## LEVEL 5: REFINING STROKES

Skills: focusing on the form and endurance of each stroke and keep swimming further. They will learn how to shallow dive and glide, tread water for 1 minute, and perfecting the change in direction.

## LEVEL 6: FITNESS / LIFEGUARD READINESS

Skills: endurance swimming, extended swims with each stroke, timed swims, turns with each stroke, fitness, learning lifeguarding skills and personal water safety.



## PARENTS WATCHING LESSONS

We have found that children participate more freely when they are not distracted by checking to see where and what the parents/guardians are doing. We as a department take the responsibility of teaching your child how to swim very seriously and want to make sure that when your child has completed their level they have mastered the skills to their respective level. However, we want to ensure that we as a department also welcome parent involvement and support as long as it doesn't hinder the development of a child. For the ability for all participants in all levels of swim lessons to gain the necessary success required; we ask that you follow these simple rules:

1. When you arrive you may guide your child to the proper class location.
2. Once you ensure that your child is safe with the instructor; please make your way to the concessions area.
3. If the child still is disrupting class, we will guide them back to you.
4. When class is done you can meet your child.