

2026 TREMPEALEAU POOL SWIMMING LESSON INFORMATION

SESSION 1-EVENING LESSONS (June 8-12, 15-19)

- 5:10-5:40pm, 5:45-6:15pm, 6:20-6:50pm

SESSION 2-MORNING LESSONS (June 22-26, June 29-July 3)

- 9:30-10:00am, 10:05-10:35am, 10:40-11:10am, 11:15-11:45am

SESSION 3-MORNING LESSONS (July 6-10, 13-17)

- 9:30-10:00am, 10:05-10:35am, 10:40-11:10am, 11:15-11:45am

SUMMER SCHOOL SWIMMING LESSONS (July 20-23, July 27-30, August 3-6)

- *Registration for Summer School Swimming Lessons is available through the [GET School District Website](#).*

PARENT-TOT SWIMMING LESSONS INFO

- Registration information will be released on **June 15th**.
- Parent-Tot Lessons begin in July.

SWIMMING LESSON IN-PERSON REGISTRATION EVENT

- Sunday, May 3rd 4:00-6:00pm
- Village of Trempealeau Community Center
- Pool Staff will be present to answer questions and process registration forms & payment.

REGISTERING FOR LESSONS AFTER MAY 3RD REGISTRATION EVENT

- Forms & payment will be accepted through the Village Office until the pool opens on Saturday, May 30th
- Drop off in-person during normal business hours or use the Village of Trempealeau Drop Box.
- Swimming Lesson Registrations are not accepted via email.

ADDITIONAL INFORMATION

- Limit of one lesson session per child when registering.



If you have any questions, please contact
Melissa at tremplpool@gmail.com

2026 Trempealeau Pool Swimming Lesson Registration Form

Last Name of Family (list swimmer's last name if different from parent/guardian): _____

Name of Parent/Guardian: _____

Home Address (street, state, zip code): _____

Parent/Guardian Phone Number(s): _____

Email: _____

Swimming Lessons Fees	\$10 G-E-T Students Grades 4K-12 Residing within School District Boundaries	\$40 Students not attending G-E-T schools OR Students living outside of G-E-T District
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If paying by personal check, make checks payable to VILLAGE OF TREMPEALEAU

Swimmer Information and Swimming Level

See AMERICAN RED CROSS SWIMMING LESSONS DESCRIPTIONS for requirements and skills covered in the levels listed below.

Name of child	Age	Grade entering Fall 2026	Attends G-E-T School District (circle one)	Swimming Lesson Level of child (circle one):	Lesson Fee (circle one)
			Yes No	WR 1 2 3 4 5 6	\$10 \$40
			Yes No	WR 1 2 3 4 5 6	\$10 \$40
			Yes No	WR 1 2 3 4 5 6	\$10 \$40
			Yes No	WR 1 2 3 4 5 6	\$10 \$40

Lessons Dates and Times

Indicate your preference for sessions and times by ranking your top 3 choices using the numbers 1-3.

SESSION 1 June 8-12 & 15-19 EVENING LESSONS	SESSION 2 June 22-26 & June 29-July 3 MORNING LESSONS	SESSION 3 July 6-10 & 13-17 MORNING LESSONS	SUMMER SCHOOL LESSONS: July 20-23, July 27-30, Aug 3-6
____ 5:10-5:40pm ____ 5:45-6:15pm ____ 6:20-6:50pm	____ 9:30-10:00am ____ 10:05-10:35am ____ 10:40-11:10am ____ 11:15-11:45am	____ 9:30-10:00am ____ 10:05-10:35am ____ 10:40-11:10am ____ 11:15-11:45am	Registration for summer school swimming lessons available through the G-E-T District Website Levels 1-6 only

OFFICE USE ONLY: AMOUNT DUE _____ CASH/CHECK (circle one) CHECK # _____ STAFF INITIALS _____

AMERICAN RED CROSS SWIMMING LESSONS DESCRIPTIONS

LEVELS 1-6 and Water Readiness

Water Readiness - **Parents required to enter water & bring a life vest from home for children.**

Objective: To help students feel comfortable in the water and to enjoy the water safely

Requirements: None (recommended for ages 3-5)

Skills Covered: Entering and exiting water independently, learning to submerge eyes, nose and mouth, blowing bubbles, front gliding/rolling to back/recovery to vertical position with minimal assistance

Level 1-Introduction to Water Skills - **Children required to bring a life vest from home.**

Objective: To help students feel comfortable in the water and to enjoy the water safely

Requirements: *Child must be 4 years old and exhibit comfort with being in water without parents/guardians*

Skills Covered: Entering and exiting the water safely, submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.

Level 2-Fundamental Aquatic Skills

Objective: To give students success with fundamental skills

Requirements: Students entering this level must possess a Level 1 certificate or demonstrate all the Level 1 skills.

Skills Covered: Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use.

Level 3-Stroke Development

Objective: To build on skills in Level 2 through additional guided practice

Requirements: Students entering this level must possess a Level 2 certificate or demonstrate all the Level 2 skills.

Skills Covered: Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, check-call-care.

Level 4-Stroke Improvement

Objective: To develop confidence in the strokes learned thus far and to improve other aquatic skills by increasing endurance through swimming greater distances

Requirements: Students entering this level must possess a Level 3 certificate or demonstrate all the Level 3 skills.

Skills Covered: diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breast stroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for conscious choking victim.

Level 5-Stroke Refinement

Objective: Coordination and refinement of strokes

Requirements: Students entering this level must possess a Level 4 certificate or demonstrate all the Level 4 skills.

Skills Covered: Shallow dive, tuck and pike surface dives, 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breast stroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing.

Level 6-Swimming and Skill Proficiency

Objective: Refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances; includes "menu options" - Personal Water Safety, Fitness Swimmer and Fundamentals of Diving

Requirements: Students entering this level must possess a Level 5 certificate or demonstrate all the Level 5 skills.

Skills Covered: 500 yards continuous swim using 100 yards each of front & back crawl, 50 yards each of breast stroke, elementary backstroke, sidestroke & butterfly and 100 yards choice of any of those strokes, survival floating and back floating 5 minutes each, feet first surface dive & retrieve an object from 7 feet.