

AQUATIC PROGRAMS

Before You Dip Into the Pool

Frequently Asked Questions and Answers for Aquatic Programs

When should we arrive: Please, no more than five minutes before class and please pick up promptly at the end of class. Swim instructors are unable to supervise the child(ren) outside of class time.

What TO bring and NOT TO bring: Must provide own suit and towel. Proper swim attire required—no cut-offs, shorts, and/or t-shirts, and no 2-piece swim suits (bikinis). Long hair should be pulled back. The Park and Rec Dept. is not responsible for lost/stolen items. No food or drink is allowed in the pool/locker room areas. (Water in a plastic bottle is acceptable.)

Locker Room: Showers must be taken prior to swimming. Please use only the **LIGHT** colored lockers and bring your own lock. Children of the opposite sex may accompany a parent in the locker room if 5 years of age or under. Children ages 6 and above are expected to use the designated locker rooms—males in the boys/females in the girls.

Spectators: Parents will be allowed to observe instructional classes on the first day, observation day, and the last class only! No spectators on deck/bleachers during lessons or open swim time (State Code).

Pool Entrance: Please use doors in the back (east side #C20), horseshoe parking lot, or upper gym entrance.

Water Temperature: 80-82 degrees

Pool Rental: Children 6 and under must have an ADULT (18+) in the water and within arms reach of the child AT ALL TIMES. Pool rules enforced by lifeguards. Use of pool toys (noodles or dive rings, etc.) is at the discretion of the head lifeguard.

Parent/Child Swim Lessons

ages 6 months through 3 years with parent/caregiver

Splish, splash ... become comfortable in a water environment! Here's an excellent opportunity for parents to acquaint their children with the water and begin the development of swimming techniques. Parents must accompany their children in the water at all times.

Dates: Tuesdays #311502.1
January 16-March 20

Time: 6:00-6:30 p.m.

Place: Greendale High School Pool

Fee per pair:
Resident \$48.50
Non-Resident \$58.50

Note: Disposable diapers are not allowed unless specified swim diapers. Suits with tight leg closures and a snug waist are recommended. Water temperature at Greendale High School pool is only 80-82 degrees so may be cooler for smaller children.

Pool Rentals

Add a little splash to your next event ... be it a birthday party, church group, scouts, club, or organization. Have a fun-filled time!

Dates/Times: Friday Evening
February 2, February 16
or March 2
6:30 p.m. start time

Place: Greendale High School, Pool

Rental Fee: Up to 49 participants:
Resident \$50.00 per hour
Non-Resident \$60.00 per hour
50-99 participants:
Resident \$60.00 per hour
Non-Resident \$70.00 per hour

If you submit and pay for up to 49 people and more attend, only 49 people will be allowed to participate due to department ratios of users/staff. To reserve a date, pick up policies and an application from the Park and Recreation Office. *Requests must be made at least two weeks prior to requested usage.* Sorry, no food and/or drink will be allowed in the pool.



Deep Water Fitness

ages 16 years and older, adults and seniors

Spice up your workout with a variety of full body movements. Burn calories, increase cardiovascular endurance and develop overall body strength. Enjoy the privacy that this completely submerged work out can provide as you reap the benefits of a deep water workout.

Dates: Tuesdays

Session I January 23-March 20 #311512.1
exclude February 20

Session III April 10-May 22 #311512.3
Thursdays

Session II January 25-March 22 #311512.2
exclude February 15

Session IV April 12-May 24 #311512.4

Time: 6:35-7:35 p.m.

Place: Greenfield High School
Pool (deep end)
(60th & Layton, use entrance #11)

Fees per session:

Session I & II Resident \$24.00
Non-Resident \$48.00

Session III & IV
Resident \$21.00
Non-Resident \$42.00

Instructor: Janet Haefemeyer, AEA Certified

Note: Swimming skills are necessary – must be able to tread water and float. Flotation belts and hand buoys are provided.

Free "Try It-You'll Like It" Day!

Tuesday, January 16
6:35-7:35 p.m.
Greenfield High School Pool (use entrance #11)
Advanced registration not necessary – just sign-in at class to give it a try!

Mini Masters Swimming

graduates of Level 5 and up

Have you passed level 5 or 6 and want to swim but don't want to take lessons and are not old enough for or interested in a team. Look no further—Mini Masters is the program for you! Come join us in learning lap swim etiquette, swimming for fitness, games that will build strength and endurance, and much more! The first half of the class will be spent on lap swimming and the second half will be spent playing a game like Water Polo, Sharks and Minnows, or relay races. Participants, working with staff, will weekly develop a workout for the lap swim time and follow the workout with pointers provided by the instructor.

Dates: Tuesdays and Thursdays **#321524.1**
January 16-March 22
Time: 7:45-8:25 p.m.
Place: Greendale High School, Pool
Fee: Resident \$50.00
Non-Resident \$60.00

Note: This class is not for teaching technique, but refining what the participant already knows and preparing them for programs with competitive swimming and situations where they would have to share a lane to exercise.

Teen/Adult Beginner Swim Lessons

ages 13 and older and adults

Think you will sink? Afraid to get your head wet? Our instructor will work with you in this group lesson to overcome your fear of the water and learn basic skills.

Dates/Fees: Tuesdays
Session I January 23-March 20 **#321518.1**
exclude February 20
Resident \$40.00
Non-Resident \$80.00
Session II April 10-May 22 **#321518.2**
Resident \$35.00
Non-Resident \$70.00
Time: 7:40-8:20 p.m.
Place: Greenfield High School
Pool (use entrance #11)
Instructor: Shaun Hibben, ARC Water Safety Instructor

Mermaid Level I: Basics

ages 8 through 15 years

Learn how to safely wear your mermaid mono-fin and become comfortable swimming using it. Skills include the basic mermaid kick, opening eyes and holding breath under water, mermaid arms, full body swim, legs only swim, back float and swim mermaid style and touching the bottom at increasing depths. Class skills will be increased based upon participants' skill levels.

Dates/Fees: Sundays
Session I January 21-March 18 **#321526.1**
exclude February 18
Resident \$40.00
Non-Resident \$80.00
Session II April 8-May 20 **#321526.2**
Resident \$35.00
Non-Resident \$70.00
Time: 12:10-12:40 p.m.
Place: Greenfield High School
Pool (use entrance #11)
Instructor: Susie Mejchar
Note: Mermaid I has a pre-requisite of completion of American Red Cross Level 4 Learn to Swim.

NEW!

Shallow Water Fitness

ages 16 years and older and adults

Water Fitness breaks through the typical confines of land-based classes to help you move your body differently. Water Fitness is located in the pool and is an ultra-low impact combination of cardio, strength, and stretching exercises. Instructors infuse their individual style into classes that build muscle, improve balance, and burn calories in an environment that reduces stress on joints and muscles.

Dates/Fees: Wednesdays
Session I January 31-March 21 **#311503.1**
exclude February 14
Resident \$21.00
Non-Resident \$42.00
Session II April 18-May 23 **#311503.2**
Resident \$18.00
Non-Resident \$36.00
Time: 7:15-8:15 p.m.
Place: Whitnall High School
Pool

Instructor: Chris Jansen
Note: Truly for all levels. Each participant decides his or her own pace and repetitions. No swim experience is necessary.

Free "Try It-You'll Like It" Days!
Wednesdays, January 24 or April 11
7:15-8:15 p.m.

Whitnall High School Pool

Advanced registration not necessary – just sign-in at class to give it a try!



Open Swim

Make some waves during this spring break recreational open swim. For Greendale residents, children under 46" tall must be accompanied at all times in the water by someone 14 years or older. All pool regulations are enforced during these times.

Date: Thursday, April 5
Time: 12:30-2:30 p.m.
Place: Greendale High School
Pool
Fee (paid at door): Adults \$3.00
Students (5-17 years of age) \$2.50
Toddlers (4 years and under) \$1.50

Note: Parents... please pick up your child by 2:30 p.m. from the open swim; otherwise, your child will be left outside unattended after that time.

Learn to Swim Program

ages 6 and older

Make Swimming an Important Part of Your Child's Life!

Swim requirements offer a wide variety of activities to stimulate interest and motivate students to advance to the next level of swim instruction.

Students must provide their own suit and towel. To avoid distracting the children during classes, parents will be allowed to observe from the bleacher area during the FIRST CLASS, OBSERVATION DATE, and FINAL CLASS ONLY! Normal water temperature is 80-82.

Dates: **Tuesdays**
January 16-March 20
Observation Date: February 13
Thursdays
January 18-March 22
Observation Date: February 15

Saturdays
January 20-March 10
Observation Date: February 10

Place: Greendale High School, Pool

Fee per session:

Resident \$48.50
Non-Resident \$58.50

Skills indicated are the skills that will be taught at the level. Students, if they can do all the skills listed, should be registered in the next level.

Note: If a child is 4 or 5 years of age and has been registered in our regular lessons (Levels I-III), please see the "Sea Squirts" program on page 41 of this brochure and register according to the skill levels.



Level I

Introduction to Water Skills ... Learn basic water safety information, including how to enter and exit a pool safely, experience buoyancy and breath control, floating and kicking, introduction to arm strokes. All skills done with assistance.

Saturday 10:45-11:25 a.m.
Tuesday 6:35-7:05 p.m.
Thursday 6:35-7:05 p.m.

Ratios: 6 per instructor.
#321501.1a
#321501.2a
#321501.3a

Level II

Fundamental Aquatic Skills ... Passed Level One, continue to practice floating and kicking on front and back, rhythmic breathing, combined strokes on front and back, treading water. Builds on water safety skills.

Saturday 11:30 a.m.-12:10 p.m.
Tuesday 6:35-7:05 p.m.
Thursday 7:10-7:40 p.m.

Ratios: 6 per instructor.
#321502.1a
#321502.2a
#321502.3a

Level III

Stroke Development ... Passed Level Two, teaches survival float, elementary backstroke, coordination of front crawl and backstroke. Participants are introduced to the scissors kick and butterfly kick. Builds on water safety skills.

Saturday 12:15-12:55 p.m.
Tuesday 7:10-7:40 p.m.
Thursday 6:35-7:05 p.m.
Thursday 7:10-7:40 p.m.

Ratios: 6 per instructor.
#321503.1a
#321503.2a
#321503.3a
#321503.3b

Level IV

Stroke Improvement... Passed Level Three, develops confidence and competency in front crawl, elementary backstroke, backstroke, begins breaststroke, sidestroke, and butterfly. Builds on water safety skills.

Tuesday 7:10-7:50 p.m.
Thursday 7:45-8:25 p.m.

Ratios: 10 per instructor.
#321504.2a
#321504.3a

Level V

Stroke Refinement ... Passed Level Four, refines and adds distance for front crawl, back crawl, sidestroke, elementary backstroke, breaststroke and butterfly. Introduces flip turns and builds on water safety skills.

Tuesday 7:50-8:30 p.m.

Ratios: 10 per instructor.
#321505.2a

Level VI

Swimming and Skill Proficiency... Passed Level Five; personal water safety, fitness swimmer; refines strokes to swim with ease, efficiency, power, and smoothness over greater distances. With the new emphasis areas of Level 6, participants will take several semesters to complete.

Tuesday 7:50-8:30 p.m.

Ratios: 10 per instructor.
#321506.2a

Swim Pretest

ages 6 and older

New to the Swim Instruction program? Has it been a few years since the last lesson? This Swim Pretest provides an opportunity for:

- One-on-one skill screening
- Level placement
- Introducing yourself and your child to the facilities.

Advance registration is not required and there is no charge. First come, first served – meet the staff on the pool deck & sign in for your turn. Sorry, class registrations are not accepted at the pool site.

Tuesday, January 2
6:00-7:15 p.m.
Greendale High School Pool

Boy Scout Swimming Merit Badge

Swimming is a leisure activity, a competitive sport, and a basic survival skill. Boy Scouts seeking to earn this badge will learn about safety when swimming and diving, how swimming can contribute to overall fitness and health, and gain some competitive swimming and water rescue skills.

This course is designed for Scouts seeking to earn the entire merit badge so plan to attend all four sessions.

Dates: Saturdays **#321513.1**
February 10-March 3
9:00-10:00 a.m.
Place: Whitnall High School Pool
Fee: Resident \$20.00
Non-Resident \$30.00
Instructor: Mike Seavert

Note: Participants must have completed the American Red Cross Level Four Swim or be able to swim 100 yards demonstrating (in good form) the front crawl, elementary backstroke, and back crawl.

Boy Scout Lifesaving Merit Badge

If you have earned the Boy Scout Swimming Merit Badge, take your aquatic skills to the next level in this course. Learn how to prevent aquatic emergencies and how to effectively respond. Participants will learn reaching and throwing assists, tired swimmer assists, removing someone from the water, defenses and escapes should someone grab you, how to assist in a missing swimmer drill, and how to care for a spinal injury.

This course is designed for those seeking to earn the entire merit badge so plan to attend all four sessions. This is not the BSA Lifeguard course.

Dates: Saturdays **#321510.1**
February 10-March 3
10:15-11:45 a.m.
Place: Whitnall High School Pool
Fee: Resident \$30.00
Non-Resident \$40.00

Instructor: Mike Seavert
Note: Participants must have completed the American Red Cross Level Five Swim or be able to swim (in good form) 100 yards of the front crawl, back crawl, and be comfortable in deep water.

Sea Squirts Swim Lessons

ages 4 and 5

Make Swimming an Important Part of Your Child's Life!

Swim requirements offer a wide variety of activities to stimulate interest and motivate students to advance to the next level of swim instruction.

Students must provide their own suit and towel. To avoid distracting the children during classes, parents will be allowed to observe from the bleacher area during the FIRST CLASS, OBSERVATION DATE, and FINAL CLASS ONLY! Normal water temperature is 80-82.

Dates:
Tuesdays
 January 16-March 20
 Observation Date: February 13
Thursdays
 January 18-March 22
 Observation Date: February 15

Saturdays
 January 20-March 10
 Observation Date: February 10
Place:
 Greendale High School, Pool
Fee per session:
 Resident \$48.50
 Non-Resident \$58.50

Skills indicated are the skills that will be taught at the level. Students, if they can do all the skills listed, should be registered in the next level.

Swim Pretest

ages 4 and 5 years

New to the Swim Instruction program? Has it been a few years since the last lesson? This Swim Pretest provides an opportunity for:

- One-on-one skill screening
- Level placement
- Introducing yourself and your child to the facilities.

Advance registration is not required and there is no charge. First come, first served – meet the staff on the pool deck & sign in for your turn. Sorry, class registrations are not accepted at the pool site.

Tuesday, January 2
6:00-7:15 p.m.
Greendale High School Pool



Sea Squirts I

Introduction to Water Skills ... Helps children feel comfortable in the water and enjoy the water safely while learning how to float, kick and do elementary strokes.

Ratios: 6 per instructor.

Saturday 10:00-10:40 a.m. #321521.1a
Tuesday 6:00-6:30 p.m. #321521.2a
Thursday 6:00-6:30 p.m. #321521.3a

Sea Squirts II

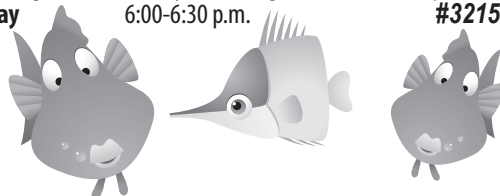
Fundamental Aquatic Skills ... Passed Sea Squirt One, works on floating without support, builds on kicking and basic swimming skills by increasing distance while decreasing support. *Ratios: 6 per instructor.*

Saturday 10:00-10:40 a.m. #321522.1a
Tuesday 6:00-6:30 p.m. #321522.2a
Thursday 6:00-6:30 p.m. #321522.3a

Sea Squirts III

Stroke Development... Passed Sea Squirt Two, continues to work on kicking. Develops swimming on front and back without assistance. Introduces glides and rotary breathing. *Ratios: 6 per instructor.*

Thursday 6:00-6:30 p.m. #321523.3a



Semi-Private Swim Instruction

ages 4 and older

Has your child struggled in a swim level and needs help with just one or two issues (breathing, floating, strokes, going under the water, getting into the water, etc.)? Semi-private lessons (2 or 3 students per class) might be just the thing to get them past that obstacle.

Sea Squirt (SS) (and level number is for children four and five years of age.)

Level (L) (with a number is for children six years and older.)

Dates/Times: Monday-Thursday
 March 26-29
 SSI/SII/SIII 6:00-6:20 p.m. #321520.1
 Level I/II 6:25-6:45 p.m. #321520.2
 Level III 6:50-7:10 p.m. #321520.3
 Level II/LIII 7:15-7:35 p.m. #321520.4

Place: Greendale High School Pool

Fee per time block: Resident \$36.00
 Non-Resident \$46.00

Note: Please bring the student's most current level course record sheet to the first class so the instructor can see the areas needing concentration.

American Red Cross Lifeguard Re-certification Course R.17

currently certified lifeguards

This lifeguard re-certification option is for currently certified lifeguards to review skills including water rescues, CPR/AED and first aid skills. "Currently certified lifeguards" is defined as having a valid certification in American Red Cross Lifeguarding/First Aid/CPR/AED or those who have not expired by more than 30 days.

Registrants must bring valid Red Cross Lifeguarding, First Aid and CPR/AED for the Professional Rescuer certification card to class-no exceptions! Also bring Hip Pack with Pocket Masks (adult and infant), your bathing suit, towel, and bag lunch for short lunch break.

To successfully complete this course, you must attend and participate in all class sessions, pass both final written exams with a minimum grade of 80 percent, and demonstrate competency in all required skills and activities.

Dates/Times: #321528.1

Swim Skill Prerequisite Test:

Thursday, May 10
 8:15-9:15 p.m.

*Course Work: Friday, June 1 (5:00-9:00 p.m.)
 Saturday, June 2 (9:00 a.m.-6:00 p.m.)

Place: Greenfield High School Pool
 (Use Entrance #11)

Fee: Resident \$135.00
 Non-Resident \$170.00

Instructor: Greenfield Parks & Rec Staff, Certified Instructor Trainer

Note: The class fee includes the new 2017 Lifeguard Manual. Participants will receive the Lifeguard Training/First Aid/CPR Pro/AED certification that is valid two (2) years.

